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MEALS IN 15 MINUTES? JAMIE OLIVER CHEWS
THE FAT ABOUT HIS LATEST BOOK OF RECIPES PAGE 22



OTTAWA

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Tuesday, November 20, 2012



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Sally Ann defrauded

KPMG. Salvation Army fires executive director after audit reveals nearly a quarter of a million dollars missing



JOE LOFARO
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The executive director of the Salvation Army's Booth Centre on George Street was fired after at least \$240,000 was allegedly stolen, a spokesperson announced Monday.

Maj. John P. Murray of the Salvation Army told reporters the employee was fired after an internal audit was conducted and revealed financial irregularities. A new executive director was hired Monday morning, he said.

"Certainly it's disappointing, it's disheartening for the Salvation Army and those that we serve, but we believe the public understands the

Bad day for charity

"It's disheartening for the Salvation Army and those that we serve."

Maj. John P. Murray,
Salvation Army spokesperson

work that the Salvation Army does," said Murray, adding that "we're committed to our community."

Murray said a whistleblower brought the alleged fraud to their attention within the last five weeks and that the wrongdoing potentially spans an eight-year period.

He said it is a difficult time for staff as the centre gears up for its biggest fundraising time of the year, but insisted no programs have been or will be negatively affected by the missing money.

The executive director was placed on paid leave while the organization conducted its own internal audit. The centre's accounting information is now in the hands of an external auditing firm, KPMG, and the Ottawa police's fraud unit is investigating, Murray said.

He said it's possible the money could have been taken unnoticed over an eight-year period without it affecting programming because of the size of the organization's \$6-million operating budget.

To put the budget in perspective, the homeless shelter services' annual budget alone is \$2.9 million.

When contacted by Metro, Ottawa police would not confirm or deny they are investigating the incident.



Maj. John P. Murray of the Salvation Army tells reporters Monday a whistleblower came forward in the last five weeks with information that money was being misappropriated. JOE LOFARO/METRO

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Looking for a change? If you've got \$200K to drop on a house, Spain wants you PAGE 16

Can they save Christmas?

60-year-old holiday tradition threatened by judge's ruling in California PAGE 11

People with disabilities also like to do it

New film debunks many insidious myths about the differently abled, especially the one that paints them as asexual PAGE 26



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Police honour lost members of transgender community

Trans Day. For those who have died by murder or suicide as a result of social stigma

ROSANNA HAROUTOUNIAN
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Ottawa Police Services unveiled a banner to recognize Trans Day of Remembrance.

This is the third year the police service has commemorated transgender people who have died by murder or suicide as a result of social stigma and prejudice towards their identity.

"These actions are attacks not just on the individual but on their families and their friends, and against the community as a whole," said Mayor Jim Watson.

Kay Lockhart, treasurer of Gender Mosaic, a local trans support group, said Ottawa police are improving relations with the trans community through diversity training.

"They realize we're just people trying to be people." She said there are still members of the trans community who feel

Quoted

"This is not a choice. This is the way we were born."

Kay Lockhart, treasurer of local trans support group Gender Mosaic

there will never be peace between them and the police.

"The people who still fear the police are the ones who tend to work the sex trade," said Linda Slater, another member of Gender Mosaic. "If you're going to work the streets you're going to fight the police, but you can't blame the police. The law is the law."

Lockhart said educating the public is key in combating hatred towards trans people.

"There are so many people who think that this is a choice that we make, that I choose to have myself killed just because I'm walking down the street dressed the way I am," said Lockhart.

The banner at police headquarters is one of five unveiled in Ottawa on Monday. Trans Day of Remembrance, which takes place on Tuesday, will be marked by a candlelight vigil at the Human Rights Monument.



From left: Police Chief Charles Bordeleau, Mayor Jim Watson, Gender Mosaic president Sophia Cassivi, Coun Eli El-Chantiry, Gender Mosaic second vice-president Amanda Ryan and Gender Mosaic treasurer Kay Lockhart cut cake at police headquarters to commemorate Trans Day of Remembrance. ROSANNA HAROUTOUNIAN/METRO

Ottawa energy firm lands \$2.9M from province



Chris Bentley, Ontario minister of energy, speaks to guests at Energate's new Ottawa office Monday evening to help launch the Ontario Consumer Engagement for the Smart Grid (CSEG) Advisory Board. JOE LOFARO/METRO

An Ottawa-based energy firm has landed just under \$3 million in funding to develop and install energy-management displays in 1,000 Ontario homes.

Energate will install hundreds of the displays to show new ways utilities can manage the flow of energy to consumers over the next 18 months.

"We're going to have three waves of technology so we can get feedback from homeowners about what is most engaging," said Niraj Bhargava,

Energate's CEO, on Monday. "We have smartphone apps; we have smart devices in the home like smart thermostats and combined in-home displays; we have portals for consumers to log in to the Internet to track and manage their energy use."

Energate, which has offices in Ottawa, Toronto and California, is one of 13 companies funded through the provincial program. According to Energy Minister Chris Bentley, the end goal is both to provide

consumers with choice in how they regulate their energy use and to export the technologies outside Ontario.

"Consumers want choice, and they want control. Once people see the opportunity to see more control and more choice, they're going to become engaged," said Bentley.

Energate has also set up an advisory board of representatives from power utilities, academics and trade organizations to help guide the project.

ALEX BOUTILIER/METRO

Correction

A story in yesterday's edition of Metro incorrectly indicated local elementary teachers would be in a legal strike position Monday. In fact, local Ottawa elementary teachers will not be in a legal strike position until Dec. 1.

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1 NEWS

IT. Subcommittee OK's \$3.5M boost to budget

The subcommittee overseeing Ottawa City Hall's information-technology division has approved its 2013 budget.

Councillors unanimously carried the \$52.8-million budget at a meeting Monday morning. That figure is approximately \$3.5 million more than the 350-person IT wing got in 2012.

According to the deputy city manager responsible for the department, Steve Kanellakos, the jump was driven by changes in contract settlements and employee benefits, as well as inflation on hardware and software contracts.

The biggest cost driver, however, was a series of enhancements to Service Ottawa. Those changes accounted for \$2.1 million of the \$3.5-million increase.

Capital spending for the department is projected to be \$22.5 million in 2013, with \$18.5 million funded from capital reserves. Much of that capital money will be spent on replacing aging municipal technology.

The IT subcommittee was the sixth committee to approve the 2013 draft budget largely unamended.

ALEX BOULTIER/METRO

Amber Alert resolved. Missing girl recovered

Ottawa police say a baby girl who was the subject of an Amber Alert has been found safe.

Ottawa police Insp. Mike Maloney says officers found the one-year-old girl with her father in a vehicle in Gatineau, Que., around 2 p.m. Monday.

Police had issued an Amber

Alert moments earlier, saying the baby was abducted Sunday night by her father and her safety could be at risk.

Maloney says officers have arrested 26-year-old Junior Kabbage, but no charges have been laid so far.

THE CANADIAN PRESS

Kanata. 'Medical event' suspected in car crash

A single-vehicle accident in Kanata sent two people to hospital in serious condition Sunday evening.

Ottawa paramedics and police were called to the corner of Kakulu and Castlefrank roads in Kanata just after 5 p.m. on Sunday.

The vehicle left the road and crashed through a fence before hitting a tree. The impact

rolled the vehicle onto its roof and trapped the two occupants inside.

According to paramedics, the driver, 62, appears to have suffered a "medical event" before the crash. He was taken to hospital with stroke-like symptoms and shoulder and neck pain. The passenger, 62, was taken to hospital with spinal injuries. ALEX BOULTIER/METRO



A painting by Andrew King, one of the artists whose work will be featured in a new pop-up art gallery. CONTRIBUTED/ANDREW KING

Trio goes solo with pop-up art gallery

Opportunity. Ottawa artists behind 'gallery for a month,' hope others replicate the idea



GRAHAM LANKTREE
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Tired of local galleries always taking their cut off the top, three artists have banded together to go into business themselves.

"It's a real experiment,"

said artist Katherine Jeans of the pop-up gallery she and two other local talents plan to open this month. "Ottawa has had some pop-up restaurants. As artists we're always looking for a unique way to show our work and connect with clients."

Pop-up stores that temporarily fill empty retail space have become a hot trend. For three weeks, Jeans and artists Andrew King and Alison Fowler will transform an empty space near their studios in Westboro into the city's first pop-up art gallery.

"It's an opportunity for us,"

said Fowler. "We don't want to trash galleries, but as the artist in a gallery you go to the vernissage and then the gallery takes over selling your work the rest of the time."

For artists, Jeans said, a pop-up gallery provides a place to connect more with clients.

"Usually we just meet people opening night," she said. "A painting goes up in a gallery and you don't get feedback. Here there's more of a chance someone will come in and connect with you and your inspiration."

The three came up with the

idea over coffee when Jeans mentioned she had taken part in a recent pop-up gallery in Montreal. Fowler and King seized the moment and began searching for empty spaces in New Edinburgh, Westboro and the Glebe.

"As artists we often find it difficult to disseminate our work," Jeans said. "Pop-up has become the new way of doing retail because you're filling a need for a landlord who has space. We're not looking to open anything permanent."

The pop-up gallery opens Nov. 29 at 77 Holland Ave.

Do you suffer from GRASS allergies?

Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.

Compensation is provided.

For more information, please call Jeanne at 613-599-5700 ext. 23 or email: kanataallergy@gmail.com

Installation to light up Lansdowne Park

A sweeping installation of LED beams as tall as 11 metres is being planned for the redeveloped Lansdowne Park.

The Screen, a series of 60 vertical beams equipped with LED displays, will make its home at the east berm of Lansdowne Park near the Frank Clair Stadium as part of the city's public-art component of the redevelopment. A request for proposals for its construction was released Monday.

Ottawa City Hall has tapped Vancouver-based artist Jill Anholt to design the piece. Contacted Monday, Anholt said she could not speak to the project's concept unless Metro first went through the city's communica-



Concept art for The Screen, a public art installation planned for the redeveloped Lansdowne Park. Vancouver artist Jill Anholt has been commissioned to design the piece. CITY OF OTTAWA REF DOCUMENTS

tions team to schedule an interview for later in the week.

Anholt has also been com-

missioned for a second piece, called The Beacon, but that project is not as far along in its

development.

The city is now looking for a construction company to provide the metal beams and LED display system for the installation.

"The required LED display system will be attached to the front surface of the metal HSS sections of The Screen, beginning approximately three metres from the ground and continuing to the top of each of the folded HSS elements along its length," the document reads. "The total area of the LED display will be 72 square metres."

No information on cost is provided in the document.

ALEX BOULTIER/METRO

Health topics to be raised at forum

Exclusion. Forum to discuss ways to deliver services to ethnic groups, many of which feel excluded from programs

Improving access to exercise and nutrition programs for marginalized groups will be the topic of a forum Tuesday

at the Taggart Family YMCA in Ottawa.

Equity in Action brings together decision makers, program managers and frontline workers to learn about exercise and healthy-eating programs, health-equity assessment tools and mental-health issues.

"People with mental illnesses are much more prone to chronic conditions like diabetes and heart dis-

Quoted

"People with mental illnesses are much more prone to chronic conditions like diabetes and heart disease."

Scott Mitchell, Canadian Mental Health Association Ontario

ease," said Scott Mitchell, a presenter from the Canadian Mental Health Association Ontario, one of the event organizers.

"Physical activity and healthy eating are highly recommended as strategies for addressing prevention as well as recovery."

Susannah Juteau, community dietician at Centre-town Community Health Centre, will speak at the forum about her experience running the Fun with Food and Fitness programs at an apartment building instead of at the centre.

"Marginalized communities have a difficult time leaving their building, getting out and taking that extra step," said Juteau.

Moving the program to the clients made it easier for people with mental illnesses and disabilities to participate, she said.

Presenters at the forum will also discuss ways to deliver services to ethnic groups, many of which Juteau said can feel excluded from programs in Ottawa because of language barriers.

ROSANNA HAROUTOUNIAN/METRO

Basic rights. Students seek greater protection for migrant workers



Horacio Gallegos, a Mexican migrant worker, harvests tomatoes in Leamington, Ont., in 2002. A group of Carleton students said some migrant workers feel trapped and the federal government needs to guard their rights. THE CANADIAN PRESS

Migrant workers in Canada are often victims of slave-labour conditions, says a group of Carleton University students who insist more needs to be done to ensure workers aren't pulled into human-trafficking schemes.

"It surprised us just how systemic the abuse is," said Teodora Tellieva, a student at Carleton's Arthur Kroeger College of Public Affairs. "The control over every aspect of workers' lives is incredible."

Tamara Lauzon, who worked with Tellieva along with three other Carleton students to investigate the topic, said even her mother in Prescott was astounded when she began looking into the issue.

"She lives in a rural area and sees these workers every day," said Lauzon. "There is not enough advertisement or awareness about the problem."

Earlier this month, two Ottawa embassies were banned from bringing domestic servants to Canada because of workplace abuses and labour violations, including unpaid wages, surprise changes to contracts and extended hours. Yet these aren't isolated incidents.

Reports of abuse are collected in Made in Canada, a September report documenting workers' stories of 70-hour work weeks, squalid living conditions for agricultural workers on farms,

Government responds

- Canada has been doing more to protect migrant workers' rights, said an email Monday from Human Resources and Skills Development Canada. Changes to immigration and refugee protection regulations in 2001, a spokesperson wrote, "ensure that job offers are genuine and that employers who don't pay proper wages and provide working conditions consistent with Canadian standards are stopped."

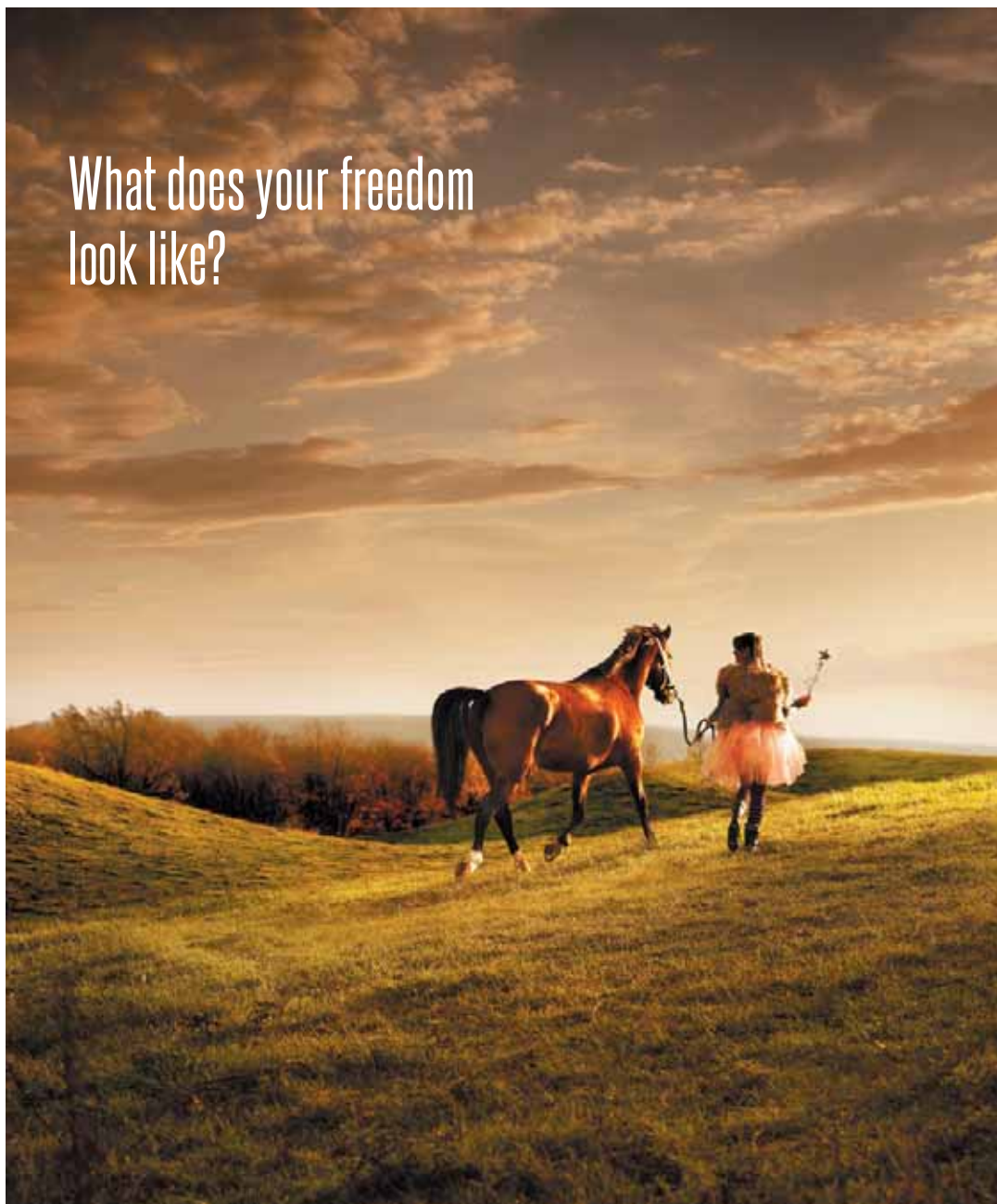
\$100-a-month wages for live-in caregivers, employers skimming off large chunks of employee wages for "taxes" and invasions of privacy.

Some migrant workers feel trapped and there is more the government needs to do to ensure their rights, said Tellieva, noting there is "no overarching program to investigate working conditions," and "most migrant workers are uneducated about the rights they have."

The work of the group will be presented to Public Safety Canada Tuesday as part of a report prepared by Persons Against the Crime of Trafficking in Humans.

GRAHAM LANKTREE/METRO

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Gary Doer, Canada's ambassador to the United States, speaks about world's largest two-way trading relationship at a forum on Canada-U.S. business relations in Ottawa on Monday. Doer said Canada will never forget its best customer, even as it tries to broaden trade with Asia. GRAHAM LANKTREE/METRO

Canada needs to step up its energy game, says exec

Diversification.

Former minister says Canada needs new customers for its oil rather than relying solely on the U.S.

Canada is a weak player in the "global energy game" and needs to improve its performance by selling more oil to China and Asia, warns one of Prime Minister Stephen Harper's most trusted former cabinet ministers.

"For Canada, that is obviously where the future has to be," said Jim Prentice, a senior banking executive who used to hold the industry and environment portfolios in the Conservative government.

"This hard new reality that we are facing — the so-called global energy game — is one that we are forced into, and

Harper weighs in

Canadian Prime Minister Stephen Harper has made selling energy to Asian markets a priority after the rejection of the Keystone XL pipeline.

- U.S. President Barack Obama delayed the project after environmental protests in what was an election year.
- Harper has said that while he understood the realities of U.S. electoral politics, Canada needed to look elsewhere for energy customers.

frankly one that we are not yet playing with sufficient skill, foresight or cohesiveness."

The energy industry is being radically transformed, and Canada has to diversify its energy

market beyond the United States, where 99 per cent of our energy exports now go, said Prentice.

The U.S. is well on its way to becoming the world's largest oil producer and achieving energy self-sufficiency, said Prentice, who was giving the keynote address at a forum on Canada-U.S. business relations in Ottawa.

Canada needs new customers because it is selling its oil at 35 per cent less than the going global rate, he said.

"That makes us a price-taker, not a price-maker."

Prentice said when the U.S. administration decided to delay the construction of the Keystone XL pipeline that would have carried Alberta oilsands crude to the U.S., there was nothing Canada could do.

All of that amounts to a major vulnerability for Canada's economy, said Prentice, now an executive at CIBC.

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Palestinian casualties continue to rise from Israeli missile strikes

Gaza strife. Hamas and Israel presenting ceasefire conditions to Egypt as diplomats worldwide join in to help broker peace

Israeli aircraft struck crowded areas in the Gaza Strip and killed a senior militant with a missile strike on a media centre Monday, driving up the Palestinian death toll to 100, as Israel broadened its targets in the six-day-old offensive meant to quell Hamas rocket fire on Israel.

Escalating its bombing campaign over the weekend, Israel began attacking homes of activists in Hamas, the Islamic militant group that rules Gaza. These attacks have led to a sharp spike in civilian casualties, killing 24 civilians in just under two days and doubling the number of civilians killed in the conflict, a Gaza health official said.

The rising toll came as

Casualties

- **Palestinians.** Overall, the offensive that began Wednesday killed at least 100 Palestinians, including 53 civilians, and wounded some 840 people, including 225 children, a Gaza health official said.
- **Israelis.** On the Israeli side, three civilians have died from Palestinian rocket fire, and dozens have been wounded.

Egyptian-led efforts to mediate a cease-fire between Israel and Hamas got into gear.

While Israel and Hamas were far apart in their demands, both sides said they were open to a diplomatic solution — and prepared for further escalation if that failed.

The leader of Hamas took a tough stance, rejecting Israel's demands that the militant group stop its rocket fire. Instead, Khaled Mashaal said



Palestinians carry an injured man after an Israeli strike on a building in Gaza City, Monday. It was the Israeli military's second strike on the building in two days. The Palestinian militant group Islamic Jihad says another Israeli strike on a Gaza media centre killed one of its top militant leaders. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Israel must meet Hamas' demands for a lifting of the blockade of Gaza.

"We don't accept Israeli conditions because it is the aggressor," he told reporters in Egypt.

"We want a ceasefire along with meeting our demands."

An Israeli official said Israel doesn't want a "quick fix" that will result in renewed fighting months down the road. In-

stead, they want "international guarantees" that Hamas will not rearm or use Egypt's neighbouring Sinai peninsula for militant activity.

THE ASSOCIATED PRESS

Modern warfare

Israelis fending off hackers

A concerted effort of millions of attempts to cripple Israeli websites during the Gaza conflict has failed, Israel's finance minister said Monday, claiming that the only site that was successfully hacked was back up within minutes.

Cyber-security experts said that such hacking attempts have become a new aspect of modern-day warfare and states have to invest in fortifying their virtual defences on a battleground with vague terrain.

Israel regularly fights off hundreds of hacking attempts every day, but nothing on the scale of the recent torrent of attacks.

THE ASSOCIATED PRESS



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Declassified info. FBI releases documents about Stalin's daughter

Newly declassified documents show the FBI kept close tabs on Soviet dictator Josef Stalin's only daughter after her high-profile defection to the United States in 1967, gathering details from informants about how her arrival was affecting international relations.

The documents were released Monday to The Associated Press under the Freedom of Information Act following Lana Peters' death last year at age 85 in a Wisconsin nursing home. Her defection during the Cold War embarrassed the ruling communists and made her a bestselling author. Her move was also a public-relations coup for the U.S.

When she defected, Peters was known as Svetlana Alliluyeva, but she went by Lana

Peters following her 1970 marriage to William Wesley Peters, an apprentice of Frank Lloyd Wright. Peters said her defection was partly motivated by the Soviet authorities' poor treatment of her late husband, Brijesh Singh, a prominent figure in the Indian Communist Party.

George Kennan, a key figure in the Cold War and a former U.S. ambassador to the Soviet Union and Yugoslavia, advised the FBI that he and Alliluyeva were concerned Soviet agents would try to contact her, a December 1967 memo reveals. The memo notes that no security arrangements were made for Peters, and no other documents in the file indicate that the KGB ever tracked her down.

THE ASSOCIATED PRESS



Josef Stalin with his daughter Svetlana Alliluyeva. ICARUS FILMS/THE ASSOCIATED PRESS

Chhath celebration

At least 14 dead after stampede at Indian festival

At least 14 people were killed, including at least six children, in a stampede Monday night during a religious festival in the eastern state of Bihar, police said.

Deadly stampedes are fairly common during India's often-chaotic religious festivals.

THE ASSOCIATED PRESS

Abortion laws

Irish form panel to investigate woman's death

Ireland formed an expert panel Monday to investigate why an Indian woman died in an Irish hospital — and whether her life might have been saved had she received an abortion.

The case of Savita Halappanavar has focused worldwide attention on Ireland's two-decade failure to define when abortions can be performed legally to save the life of a woman. The 31-year-old dentist died Oct. 28. THE ASSOCIATED PRESS



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Hollywood. Apology offered over blacklisting of writers, actors, directors

The son of The Hollywood Reporter founder Billy Wilkerson is apologizing for his father's and the trade paper's role in the 1947 Hollywood Blacklist that destroyed the careers of writers, actors and directors accused of having communist ties.

In an article published by The Hollywood Reporter on Monday, Willie Wilkerson calls the Blacklist era "Hollywood's Holocaust" and says that on the eve of "this dark 65th anniversary, I feel an apology is neces-

sary."

He says his father supported the Blacklist to exact revenge against the Hollywood titans he felt denied him entry to their club when he wanted to establish a movie studio in the late 1920s. **THE ASSOCIATED PRESS**

Online

For more news,
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Charges

New York cop pleads not guilty in cannibal case

A New York City police officer has pleaded not guilty to charges he plotted to abduct and cook women so he could eat their body parts.

Gilberto Valle entered the plea Monday in federal court in Manhattan.

Authorities arrested the 28-year-old NYPD officer

last month based on a tip from his estranged wife.

The FBI says it uncovered emails from Valle to an unidentified co-conspirator "discussing plans to kidnap, rape, torture, kill, cook and eat body parts of a number of women."

No women were actually harmed, and Valle's lawyer claims he was never a threat. She says the alleged plot was pure fantasy.

The jailed Valle is due back in court Tuesday for a bail hearing.

THE ASSOCIATED PRESS

Hobbit producers let animals from film die, say wranglers

Up to 27 dead. Director's spokesman says two deaths were avoidable, some others were from natural causes

PETA protest

The animal-rights group People for the Ethical Treatment of Animals says it's planning protests at the premieres in New Zealand, the U.S. and the U.K.

Animal wranglers involved in the making of The Hobbit movie trilogy say the production company is responsible for the deaths of up to 27 animals, largely because they were kept at a farm filled with bluffs, sinkholes and other "death traps."

The American Humane Association, which is overseeing animal welfare on the films, says no animals were harmed during the actual filming. But it also says the wranglers' complaints highlight shortcomings in its oversight system, which monitors film sets but not the facilities where the animals are housed and trained.

A spokesman for trilogy director Peter Jackson on Monday acknowledged that

horses, goats, chickens and one sheep died at the farm near Wellington where about 150 animals were housed for the movies, but he said some of the deaths were from natural causes.

The spokesman, Matt Dravitzki, agreed that the deaths of two horses were avoidable, and said the production company moved quickly to improve conditions after they died.

The Hobbit: An Unexpected Journey, the first movie in the planned \$500-million trilogy, is scheduled to launch with a red-carpet premiere Nov. 28 in Wellington and will open at theatres in the U.S. and around the world in December.

The Associated Press spoke to four wranglers



This film image released by Warner Bros. shows Ian McKellen as Gandalf in a scene from the fantasy adventure The Hobbit: An Unexpected Journey.

THE ASSOCIATED PRESS

who said the farm near Wellington was unsuitable for horses because it was peppered with bluffs, sinkholes and broken-down fencing. They said they repeatedly raised concerns about the farm with their superiors

and the production company, owned by Warner Bros., but it continued to be used. They say they want their story aired publicly now to prevent similar deaths in the future.

THE ASSOCIATED PRESS

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Denied: No Nativity scene, judge rules

'The atheists won.'

Santa Monica city decision to ban all displays upheld as Christian group sues over freedom of speech

A federal judge on Monday denied a Christian group's bid for a preliminary injunction to force suburban Santa Monica to reopen spaces in a city park to private displays, including Christmas nativity scenes.

U.S. District Court Judge Audrey Collins formalized an earlier tentative ruling during a hearing.

William Becker, the attorney for the Christian group, said he will appeal.

"The atheists won and they will always win unless we get courts to understand how the game is played and this is a game that was played very successfully and they knew it," Becker said after the hearing.

Christmas nativity scenes had been erected in Palisades Park for decades. Last year, atheists overwhelmed the



In this photo from last year's Christmas season, a woman walks past traditional displays showing the Nativity in Santa Monica, Calif.

THE ASSOCIATED PRESS FILE



A display set up by avowed atheist Damon Vix in Palisades Park picturing Poseidon, Jesus, Santa Claus and the devil. SCOTT HEAD/THE ASSOCIATED PRESS

city's auction process for display sites, winning most of the slots and triggering a bitter dispute.

Santa Monica officials snuffed the city's holiday tradition this year rather than referee the religious rumble, prompting churches that have set up a 14-scene Christian diorama to sue over freedom of speech claims.

"It's a sad, sad commentary on the attitudes of the day that a nearly 60-year-old Christmas tradition is now having to

hunt for a home, something like our saviour had to hunt for a place to be born because the world was not interested," Hunter Jameson, head of the non-profit Santa Monica Nativity Scene Committee, said in advance of the hearing.

The atheists were not parties to the legal case. Their role outside court highlights a tactical shift as atheists evolve into a vocal minority eager to get their non-beliefs into the public square as never before.

THE ASSOCIATED PRESS

Sounds like a holiday flick

"Our goal is to preserve the tradition in Santa Monica and to keep Christmas alive."

William Becker, attorney for the Christian group fighting to keep nativity scenes in Santa Monica, nicknamed the City of the Christmas Story.

Chimps may get midlife crises too, scientists say

Chimpanzees in a midlife crisis? It sounds like a setup for a joke.

But there it is, in the title of a report published Monday in a scientific journal: Evidence for a midlife crisis in great apes.

So what do these apes do? Buy Ferraris? Leave their mates for some cute young bonobos? Uh, no.

"I believe no ape has ever purchased a sports car," said Andrew Oswald, an author of the study. But researchers report that captive chimps and orangutans do show the same low ebb in emotional well-be-

ing at midlife that some studies find in people.

That suggests the human tendency toward midlife discontent may have been passed on through evolution, rather than resulting just from the hassles of modern life, said Oswald, a professor of economics who presented his work Monday.

Yes, apes do have social lives, so "it could still be something human-like that we share with our social cousins," he said. "But our result does seem to push away the likelihood that it's dominantly something

The happiness curve

Several studies have concluded that happiness in humans tends to follow a certain course between 20 and 70.

- It starts high, declines to reach a low point in the late 40s, then turns around and rises to another peak at 70. On a graph, that's a U-shaped pattern.

to do with human life."

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Ottawa rejects plea for OxyContin ban

Drugs. Federal government will not delay or deny approval of cheaper painkillers

The federal government has rejected provincial pleas to delay or deny approval of the generic form of OxyContin, a highly addictive painkiller that has been widely abused in many small towns and remote First Nations reserves.

Instead, Health Minister Leona Aglukkaq says Ottawa will tighten licensing rules so that distributors of oxycodone have to keep better track of where the drug goes. They will now need to report spikes in sales and changes in distribution patterns, in addition to previous responsibilities to report losses and theft.

Aglukkaq is also telling the provinces to use their own power over doctors and pharmacists to crack down on wayward prescriptions.

"Banning a generic version of one drug would do

Quoted

“Banning a generic version of one drug would do little to solve the actual problem.”

Health Minister Leona Aglukkaq pointing out there are “almost 100 authorized drugs” in the same class as OxyContin.

little to solve the actual problem," Aglukkaq said in a letter to provincial and territorial health ministers. "There are almost 100 authorized drugs in Canada that are in the very same class of drugs as OxyContin."

"Banning all these drugs because they have the potential to be addictive would help dry up the drug supply for addicts, but would lead to pain and suffering for patients who desperately need them."

Ontario Health Minister Deb Matthews has led a public campaign to pressure Ottawa to reject approval of generic oxycodone, saying failure to ban the drug would lead to a flood of the narcotic and a cor-



Prescription pills containing oxycodone and acetaminophen are shown in this June 2012 photo. GRAEME ROY/THE CANADIAN PRESS FILE

responding surge in addiction.

The generic version is set to win federal approval on Nov. 25, the day the patent expires on Purdue Pharma's OxyContin.

But the federal government has pushed back, saying a ban on the knock-off drug is too simplistic a response to a complex problem of prescription-drug abuse. Ottawa says it does not want to politicize a bureaucratic process that must automatically approve a drug if it is an exact copy of another brand-name drug that has already been approved.

"I do not believe that polit-

icians should pick and choose which drugs get approved," the minister wrote. "While intentions may be noble in this circumstance, what stops future politicians from caving into public pressure and allowing unproven, unsafe drugs on the market once political pressure starts to mount?"

Aglukkaq also admonished provincial politicians for pumping up the benefits of OxyNeo — Purdue's new brand-name form of oxycodone that some believe is harder for addicts to abuse because it is not as easily crushed or injected. **THE CANADIAN PRESS**

Money. Alberta premier's sister expensed public for Tory party events: Docs

New documents show the sister of Alberta Premier Alison Redford used her position as a health-board executive to attend and hold Progressive Conservative party events on the taxpayers' dime.

There was money for liquor, travel, hotels, flowers and bug repellent.

Wildrose Party Leader Danielle Smith, while releasing the documents Monday, said a bigger investigation is needed since Lynn Redford and those who signed off on those expenses remain executives with Alberta's health superboard.

"We've got the same people in positions today who exercised this lack of judgment, and they need to be called to account," Smith told a news conference at the legislature.

Smith said the case bridges the two scandals of health officials abusing their expense accounts — such as former Edmonton health region chief financial officer Allaudin Merali — with public institutions delivering government-grant and operating money to the PC party.

"This connects with the broader story of repeated in-



Alberta Premier Alison Redford
THE CANADIAN PRESS FILE

stances of illegal activity in giving donations to a partisan political party from taxpayer dollars," said Smith. "We want to know how widespread that problem is."

Premier Redford refused to answer questions from reporters in Ottawa, where she was giving a speech.

The Wildrose party obtained the documents under freedom-of-information rules. The papers pertain to Lynn Redford's spending while she was government-relations adviser to the now-defunct Calgary Health Region from 2005 to 2008, well before her sister became premier. **THE CANADIAN PRESS**



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22k	\$37.17/g
E. Indian/Nuggets	\$32.95/g
18k	\$30.43/g
14k and dental	\$23.66/g
10k	\$16.88/g
9k	\$15.22/g
8k/antique gold	\$10.14/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,590.38
Gold 10 ounce (Recognized)	\$15,817.39
Gold 1kg (Recognized)	\$50,852.91
Gold bars, less than 1 ounce (Recognized)	\$50.86/g
999 Gold bar (Unrecognized)	\$49.47/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

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Silver Jewellery and Other Silver | Price

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Stamped Sterling Silver Jewellery	\$0.62/g
Mexican Silver stamped 925	\$0.52/g
Stamped 800 Silver	\$0.51/g
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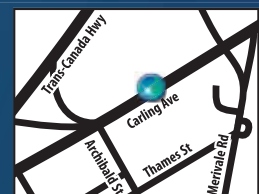
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Camping for bargains

Denise Smith-Lad, left, asks her grandson Jordan Smith, 6, what he would like to eat as they camp in front of a Best Buy store in Cockrell Hill, Texas, on Monday. Smith and her family have come early to line up all week for the shopping deals available on Black Friday, the day after U.S. Thanksgiving. LM OTERO/THE ASSOCIATED PRESS

Two-week hearing

As it seeks licence renewals, CBC wants flexibility

The CBC is asking the federal broadcast regulator for more flexibility as it grapples with the new digital universe.

The strict regulatory shackles of the past don't work in today's fast-moving environment, CBC

president Hubert Lacroix told a Canadian Radio-television and Telecommunications Commission hearing Monday. For instance, young people are shunning television sets for computers, a shift that has prompted the CBC to move its children's programming online.

The broadcaster is seeking five-year licence renewals for its various television and radio services.

THE CANADIAN PRESS

CRTC. BCE files new proposal to buy Astral

BCE Inc. expects that its new proposal to buy Astral Media will address the federal regulator's concern about the telecom giant dominating the television market.

Bell's chief regulatory officer Mirko Bibic wouldn't comment Monday on the possible sale of any radio or TV assets owned by Montreal's Astral to make the deal work. But Bibic said the new \$3.38-billion proposal to buy Astral will address the CRTC's concern about market dominance.

"The proposal that we filed today will address the issue of viewing shares from the CRTC's

perspective," Bibic said. "It's putting a package together that addresses the mechanical, numerical threshold the way the CRTC calculates it."

The CRTC killed the deal last month, saying it wasn't in the best interests of Canadians and would have resulted in an unprecedented level of concentration in the Canadian marketplace. The CRTC said if the multibillion-dollar deal had gone ahead, Bell would have controlled almost 45 per cent of the English TV viewership and almost 35 per cent of the French-language market.

THE CANADIAN PRESS



BCE president and CEO George Cope is shown in this file photo. The company has put together a new proposal to buy Astral Media, after the CRTC turned down its last pitch. THE CANADIAN PRESS FILE

5.5 million works

Google inks European-music licensing deal

Google Inc. has reached a licensing agreement with representatives of European music publishers, artists and composers in which the U.S. online giant and its customers will gain access to 5.5 million musical works across 35 countries from artists including Lady Gaga and Rihanna.

The accord with Armonia, the alliance of French, Italian and Spanish licensing groups, is billed as the broadest of its kind.

Catherine Kerr-Vignale of France's SACEM, an artists' rights association, said Google's rivals, such as Amazon and Apple's iTunes, have country-by-country licensing agreements. THE ASSOCIATED PRESS

Hostess bankruptcy

Twinkies haven't struck out just yet

The tasty cream-filled golden spongecakes known as Twinkies won't die that easily after all.

Texas-based Hostess Brands Inc. and its second-largest union will go into mediation to try and resolve their differences, meaning the company won't go out of business just yet.

The news came Monday after Hostess moved to liquidate and sell off its assets in bankruptcy court citing a crippling strike last week.

The bankruptcy judge hearing the case said the parties haven't gone through the critical step of mediation and asked the union's lawyer if his client would participate.

THE ASSOCIATED PRESS

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Mortgage rules hit new buyers too hard, brokers tell Ottawa

Housing market.

Policy-induced downturn is affecting economy as a whole, association says

Canada's mortgage brokers say recent changes to federal rules have taken too big a bite out of an already cooling housing market and they suggest policy-makers should address the needs of their industry.

The Canadian Association of Accredited Mortgage Professionals says a survey of 2,000 consumers in October, conducted on CAAMP's behalf, suggests that first-time buyers have been hard hit by the tighter mortgage rules.

"We worry that this is having a dampening effect on what was an already cooling market and we hope policy-makers will give some thought to addressing the needs of this key sector of the market," association president and CEO Jim Murphy said in a statement.



Federal Finance Minister Jim Flaherty speaks in Fredericton last week. He has said that tighter mortgage rules reduce the risk of buyers taking on too much debt.

ANDREW VAUGHAN/THE CANADIAN PRESS

Impact of mortgage rules

- The semi-annual report from the Canadian Association of Accredited Mortgage Professionals found that about 17 per cent of high-ratio mortgages funded in 2010 cannot be funded today, including 11 per cent of prospective high-ratio homebuyers who can't qualify under the new 25-year amortization rule.

CAAMP chief economist Will Dunning said the smaller number of first-time buyers has already affected the resale market.

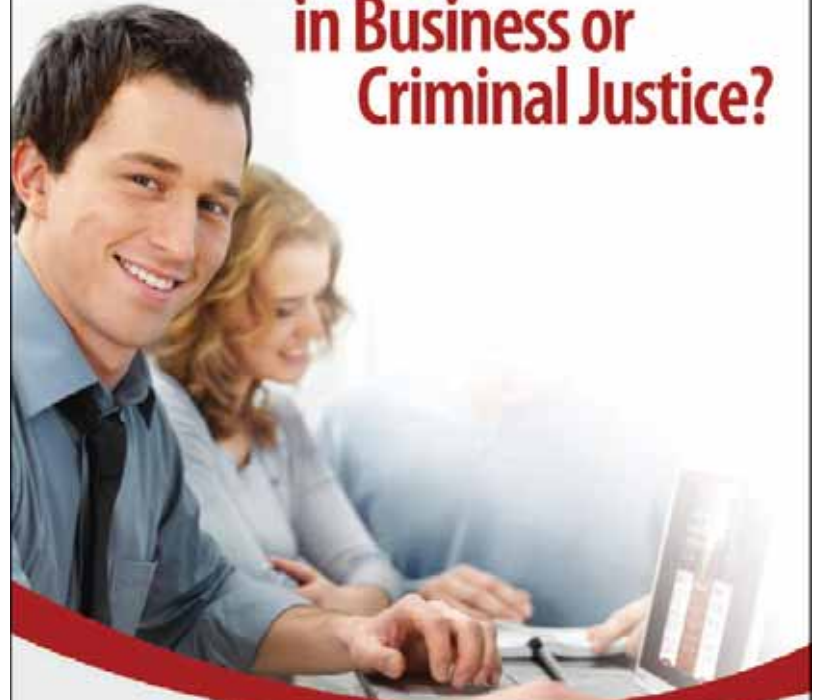
"The housing-resale numbers behave like a canary in the mine for us," Dunning said. "My concern is that a policy-induced housing market downturn creates unnecessary risk that directly affects not just

housing, but job creation and the economy as a whole."

Finance Minister Jim Flaherty has said the new rules were intended to deal with overpriced real-estate in certain cities and certain types of housing. He has said the tighter mortgage rules reduce the risk of buyers taking on too much debt.

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Discount air travel. WestJet Encore will cut fares by up to half on regional routes

WestJet's new regional service will spur passenger demand by offering fares at up to half the amount charged on those routes by monopoly operators such as Air Canada, chief executive Gregg Saretsky said Monday.

"Vive la competition," the head of the Calgary-based airline told the Canadian Club in Montreal.

"WestJet Encore is out to liberate Canadians from the high cost of air travel in smaller communities as well as those not yet served by our jet aircraft and we think that Canadians are ready for that," he said of the service set to launch next year.

He said representatives from small towns, including Quebec's Saguenay, Sherbrooke and Bagotville, asked WestJet to launch service in their communities because the airline has a history of driving down fares when it comes to town.

Saretsky said since the low-cost carrier was founded 16 years ago, it has a history of causing fares to drop by about 50 per cent in the markets it has added.

Quoted

"This isn't about carrying the same number of people at half the price. It's about growing the market by 100, 200, 300 per cent and allowing Canadians access to more affordable airfares."

WestJet CEO Gregg Saretsky

"I would expect that as WestJet Encore gets airborne we will continue to do the same in the smaller Canadian communities and up to 50 per cent would be something that would be reasonable."

Shunning the moniker "price war," Saretsky said "more rational pricing" will create new demand by encouraging people to take more air trips each year. He pointed out that the number of passengers from Comox on Vancouver Island surged to 121,000 per year from 5,000 when WestJet launched service.

THE CANADIAN PRESS

Spain offers residency to foreign house buyers

Excess stock. Plunk down at least \$200K on a home, and status papers are yours

Looking for a new place to call home? Spain is hoping to give you a little bit more than a welcome basket of baked goods if you decide to move there. In an attempt to reduce the country's bloated stock of unsold homes, the government is set to offer permanent residency to any foreigner provided they buy a house or apartment worth more than \$204,000.

The plan, unveiled by Trade Ministry secretary Jaime Garcia-Legaz Monday and expected to be approved in the coming weeks, would be aimed principally at Chinese and Russian buyers. Spain has more than 700,000 unsold houses following the collapse of its real estate market in 2008 and demand from the recession-hit domestic market is stagnant.



Irene Gonzalez, a 45-year-old office manager, stands by her front door while she waits to be evicted from her home in Madrid on Monday. The police and court officials did not show up at the planned time and she still does not know if they will come on another day to evict her.

PAUL WHITE/THE ASSOCIATED PRESS

Prime Minister Mariano Rajoy stressed Monday that the plan has not yet been finalized, but added that Spain "needs to sell these

homes" and that getting them off the market could help revive the nation's devastated construction industry.

The country's residency

Mortgage crisis

- The plan to unload the unsold homes comes as thousands of houses have been repossessed by banks and their owners evicted because they cannot pay their mortgages. Spain's government last week approved a decree under which evictions would be suspended for two years in specific cases of extreme need.

offer would beat others in bailed-out countries such as Ireland and Portugal, where residency papers are offered to foreigners buying houses worth more than \$510,000 and \$638,000, respectively. However, Latvia on the Baltic coast offers a cheaper deal, with property buyers eligible to receive residency permits if they purchase real estate in the capital Riga worth \$178,640 or \$89,320 in the countryside.

THE ASSOCIATED PRESS

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'Insanely insane.' Apple selloff was ill-judged: Analyst

Shares of Apple jumped over seven per cent Monday, with one analyst calling a two-month selloff in shares of the world's most valuable company "insanely insane."

After hitting an all-time high of \$705.10 US on the day the company launched the iPhone 5 in September, Apple's stock slumped into correction, and then into bear territory, down nearly 21 per cent.

Topeka Capital Markets analyst Brian White, who sees insanity in the stock plunge, believes that the selloff is overdone. He cites new "blockbuster" products for the holiday season, including the iPad Mini, as reasons for buying the stock. He thinks Apple could grow its earnings per share at a rate of 20 per cent to 30 per cent per year over the next five years.

That's based on the company's low market share in mobile phones and PCs, "combined with growth opportunities in tablets and new potential areas such as Apple TV."

That said, the U.S.-based company warned late last month that the costs of mak-



Apple staff members welcome customers to a store in Beijing last month. FENG LI/GETTY IMAGES

Rally time

- On Monday, shares of Apple Inc. rose \$38.05 US, or 7.2 per cent, to close at \$565.73 US.
- Monday's increase was the biggest one-day gain since May 21, when the stock closed up 5.8 per cent at \$561.30 US.

ing new gadgets would cut into profit in its holiday quarter.

THE ASSOCIATED PRESS



Tablets a hot gift with holiday season looming

Google's Cheryl Pon shows off apps on the new Google Nexus 7 tablet at the Google I/O conference in San Francisco on June 27. The tablet computer is without a doubt the gift of the year. Just like it was last year. But if you resisted the urge in 2011, now is the time to give in. This season's tablets are better all around. Intense competition has kept prices very low, making tablets incredible values compared to smartphones and PCs. PAUL SAKUMA/THE ASSOCIATED PRESS FILE

U.S. housing. Builders report stronger sales

By the numbers

2006

The U.S. builder sentiment index released Monday was at its highest point since May 2006, just before the housing bubble burst.

Confidence among U.S. home-builders rose this month to its highest level in 6.5 years, driven by strong demand for newly built homes and growing optimism that the housing recovery will strengthen next year.

The National Association of Home Builders/Wells Fargo builder sentiment index released Monday increased to 46, up from 41 in October. That's the highest reading since May 2006, just before the housing bubble burst.

Readings below 50 suggest negative sentiment about the housing market. The index last reached that level in April 2006. Still it has been trend-

ing higher since October 2011, when it stood at 17.

The survey is based on responses from 417 builders. The index sank to eight, its lowest point dating back to 1985, in January 2008. Builders' confidence has improved this year as the housing market has shown signs of a sustained turnaround. THE ASSOCIATED PRESS

San Francisco

Intel CEO to take early retirement

Intel CEO Paul Otellini is retiring in May, giving the world's largest maker of microprocessors six months to find a new leader as it confronts two major challenges: a shaky economy and a shift toward mobile devices that is reducing

demand for its PC chips.

Although Otellini's impending departure was announced Monday, he notified Intel Corp.'s board of his retirement plan last Wednesday. The decision surprised Intel's board of directors, which had been expecting Otellini to remain CEO until the company's customary retirement age of 65. Otellini is 62.

THE ASSOCIATED PRESS



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VIGILANTISM AND JERK-SHAMING ON THE WEB



SHE SAYS...
Jessica Napier
metronews.ca

One of the best things about the Internet is also one of the worst: anonymity. Sadly, much of the web has become a place for inconspicuous individuals to hurl racist/homophobic/mis-

ogynistic statements into the ether without any regard for what the consequences might be once they step away from the keyboard.

But as younger generations care less and less about privacy, the barriers between real-life identities and our online selves are eroding and it's becoming harder to hide behind the veil of assumed anonymity. As a result, waves of new digital vigilantes are working to expose online trolls and make them accountable for their vitriol-spewing.

What not to say online

Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

about as common as 'your mama' jokes." Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

The creator behind You Hate Faggots publishes ignorant tweeters' names and photos alongside his own snarky commentary to highlight the decontextualization of the word. "By using parody to illustrate the wrongness in using the term incorrectly, I want to show that there is a relationship between faggot and gay, whether the user understands it or not," he says.

South of the border, the writers at Jezebel took web justice into their own hands by broadcasting a list of teenage Twitter users' contact information and hometowns alongside their racist rants regarding the presidential election. Taking the crusade one step further, the blog then outed the opinionated high school students to their principals and administrators.

Some criticized Jezebel's actions as a form of cyber-bullying (these were minors after all) while others praised the blog for making young people understand that online bigotry, however offhanded it might be, can have tangible repercussions.

For the creator of You Hate Faggots, naming and shaming prejudiced Internet users isn't about ruining lives, but exposing the issues. "The intentions are not to troll," he says, "the objective has always been to create awareness."

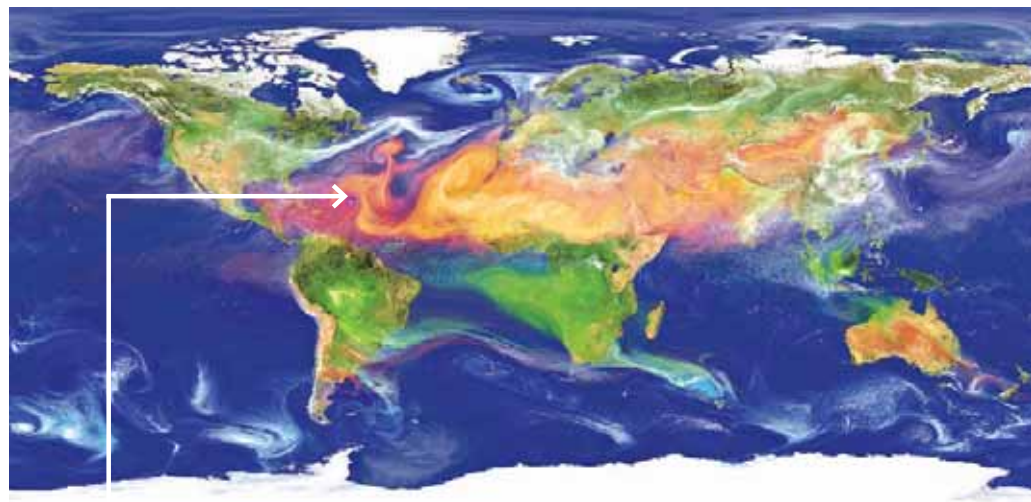
Call it what you will — the naive indiscretions of youth or deep-seated intolerance — but if you are old enough to own a cellphone and arrogant enough to share hateful opinions from an account boasting your real identity, I'm not going to feel too sorry for you if it comes back to haunt you when you start applying for colleges or begin looking for a job.

Follow Jessica Napier on
Twitter @MetroSheSays



Sites such as You Hate Faggots and Jezebel publicly shame homophobes and racists. METRO

Something is in the air



WILLIAM PUTMAN/NASA/GODDARD

Earth photography

Earth's swirling gases revealed

This astonishing image from a NASA supercomputer highlights the presence of aerosols in the Earth's atmosphere.

The Goddard Earth Observing System Model ver-

sion 5 (GEOS-5) can show worldwide weather at up to 3.5-kilometre resolution (pictured: 10-kilometre) as part of climate-science research.

The image processing takes place in Greenbelt, Md., at the NASA Center for Climate Simulation at Goddard Space Flight Center.

METRO

How an image is created

Facts on the supercomputer that generated the image:

- **Supercomputer's superpower.** The Discover supercomputer is located at NASA's Center for Climate Simulation. It totals nearly 15,000 processors with a peak performance of nearly 160 trillion operations per second. That's 900 times the speed of the standard Intel Core processor in

your PC.

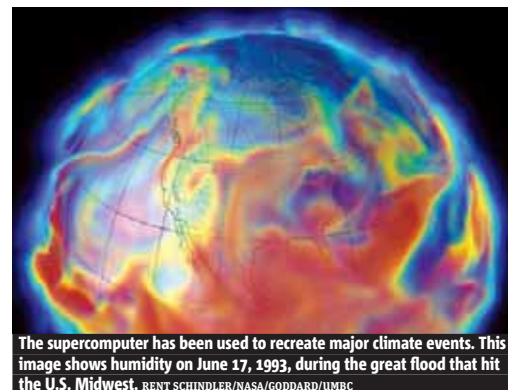
- **Time-scale projections.** Discover-hosted simulations span time scales from days to seasons and years to decades and centuries.
- **Weather year predicted.** NASA scientists hope the imaging techniques will allow them to project weather and climatological forecasts well into the future — as far as the year 2100.

Element guide

The aerosol patterns by colour:

- **Red.** Dust that has risen from the Earth's surface.
- **Blue.** Sea-salt swirls seen inside cyclones.

- **Green.** Smoke rising from fires.
- **White.** Sulphate particles from volcanoes and fossil-fuel emissions.
- **Website:** For the latest on NASA's many endeavours, visit nasa.gov.



The supercomputer has been used to recreate major climate events. This image shows humidity on June 17, 1993, during the great flood that hit the U.S. Midwest. RENT SCHINDLER/NASA/GODDARD/UMBC



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How should Windsor, Ont., (and Winnipeg) respond to Stephen Colbert's "Earth's rectum" remarks?

40%
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ON NOTICE

0%
GIVE HIM A
WAG OF THEIR
FINGERS

40%
RENAME ALL
STREETS AND
STADIUMS
AFTER HIM

20%
INVADE COLBERT
NATION

Twitter

@Jenifesto: ISO: 1.5 million to start my new travel/lifestyle venture. Who wants in?

@rakerman: @grescoe Step 1: Write the standard. Step 2: Defend yourself by saying "it's required by the standard".

@MeganLeeGlover: A kids never lonely when he has balogna.

@TristanLyster: when the guy in front of you in a lecture is watching Veggie Tales....

@clifil: "FP: What damage has been done to the game? GB: We won't know that until it's over" What's your job again? #NHLCA

@sareenamc: I've come to the conclusion that drake is quite fond of himself

DVD review



The Expendables 2

Director. Simon West

Stars. Sylvester Stallone, Liam Hemsworth, Randy Couture

Stallone's Expendables have all reached the age where they're as likely to reach for the Botox as for the testosterone supplements, and they're not trying very hard to hide it. Especially since the success of their first film proved the enduring popularity of action heroes in their 50s and 60s, all the more so when you cram so much muscle into a single movie. The pumped-up pack has a couple of noteworthy additions (Jean-Claude Van Damme and Chuck Norris) and subtractions (Mickey Rourke and Steve Austin), plus enlarged cameos (Arnold Schwarzenegger and Bruce Willis) and returning mainstays (Stallone, Jason Statham, Dolph Lundgren, Jet Li, Terry Crews and Randy Couture). There's also the obligatory tough girl, the code-breaking and neck-snapping hottie Maggie (Yu Nan). The plot can be summed up in Barney's answer to his slicing sidekick Lee Christmas (Statham), when he's asked, "What's the plan?" Barney snarls: "Track 'em. Find 'em. Kill 'em." At no point does anybody take any of this seriously, even when the inevitable showdown occurs between Stallone and Van Damme.

PETER HOWELL



Suraj Sharma had never acted before his role in *Life of Pi*. The film opens Wednesday. HANDOUT

Life of why: Actor sets sights on philosophy

From student to star.

Ang Lee isn't just a director, he's a guru. Pi lead Suraj Sharma talks about how Lee changed his life

HEIDI PATALANO
Metro World News in New York

Suraj Sharma is pretty much your average student. He's polite, well-spoken and majoring in philosophy this year. He also just starred in the new epic 3D film by Ang Lee and counts the venerated director as a close friend and teacher. Sharma had never acted before he took on the title role in *Life of Pi* — he was selected out of thousands of non-professional actors auditioning for the part.

Playing a young man adrift at sea, Sharma lost weight, gained weight, befriended a tiger named Richard Parker and learned to fish. Along the way, he tells us, the film changed him into the man he is today.

What path were you on before this movie happened and where do you see things going now?

Before the movie I didn't really know what to do. I was in school and I was, I would say, lost ... Luckily enough (director Ang Lee) picked me up, and took me to Taiwan. Over there, I changed as a person. I realized more about myself, more about everything. Working with Ang changes you, I guess. Before *Pi* I was really a bad student. I didn't do very well in school at all, ever, and I came back and I changed in a

million ways. ... I did surprisingly well in school. I didn't even know how. Suddenly I was getting like 94 per cent and stuff like that and ... now in college I'm doing philosophy, so things really changed.

Did the movie inspire you to choose philosophy?

Oh yeah. I think Ang and Pi got to me. Lying on that board and talking to Ang, you kind of start thinking on those lines, you start thinking about things, because Pi himself is this kid who asks questions like, "What is life?" He is into philosophy of his own kind and Ang himself has a really complex philosophy, which comes through when you talk to him. ... Eventually I want to be a filmmaker, so I guess philosophy will help me in that way.

Some actors in your position might say, "Forget school and do acting full-time."

I don't know about the acting. I don't know whether I want to act professionally much. It's daunting. It's scary and it's different. I want to be a filmmaker. I want to tell stories. ... I love acting now and the life (of an actor) is hard and it's different. I don't know if I'm equipped for it, but I'd like being on set. I think that's the most inspiring part of movies — just being on set. The intensity with which everybody works, 300 people just working, working, working for something maybe even three seconds long. (There are) different skills, different ideas, different backgrounds, everything just comes together and you make something and you make someone's imagination come to life.

2 SCENE

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Young Toronto actor gets animated in latest film

Rise of the Guardians.

At only 13, Dakota Goyo already boasts an impressive filmography — but this young star wants to do even more

STEVE GOW

scene@metronews.ca

It's hard to believe that Dakota Goyo is only 13 years old. After all, not only is the Toronto actor a rising star; he's long figured out something that's far from most other teenager's minds — his career.

"When I was about three I decided this is what I want to do and I want to continue doing it for the rest of my life," said Goyo. "Except directing would be nice."

The kid is off to a great start. With such Hollywood blockbusters as *Thor* and *Real Steel* (with Hugh Jackman) under his belt, Goyo has now lent his voice talent to *Rise of the Guardians* (in theatres Nov. 21), an animated thriller featuring a superhero squad of legendary icons including Santa Claus, the Easter Bunny and the Tooth Fairy.

"It's overwhelming to (hear yourself in an animated film)," said Goyo — who plays the last child to believe in the Guardians.

"It's my first real voice-work movie at least and it's very overwhelming to (hear) myself and see the emotion that you see in the character... it's not you but your voice is coming out of it."

Guardians also marks Goyo's second film with Jackman (who voices a rambunctious Easter Bunny that might be more into Vegemite than carrots).



Dakota Goyo has known for most of his short life he's wanted to be an actor.

TORSTAR ARCHIVES

Goyo's heroes

In his young career, Goyo has starred alongside such thespians as Hugh Jackman, Samuel L. Jackson and Susan Sarandon but whom does he aspire to work with?

- **Will Smith.** "He brings so much emotion to the screen," said Goyo. "You feel the same emotion that he feels. I think he's a great actor."



Rise of the Guardians opens on Wednesday. HANDOUT

"He's so perfect because he adds an Australian accent which makes it so ordinary," laughed Goyo.

"You don't see an Easter Bunny with an Australian accent and that's why he's called

'kangaroo' (in one key scene). He's one of the funniest (characters) in the movie."

While Goyo is now excited to get back to a busy career in front of the camera, he confesses working in a recording

studio on *Guardians* did have its benefits.

"You can just walk in, do your voice and walk out," said Goyo.

"I don't like to sit in one spot for a long time."

Oration celebration. Spielberg marks 149th anniversary of Lincoln's Gettysburg Address

Two-time Academy Award winning director Steven Spielberg expressed a sense of humility Monday as he delivered the keynote address during ceremonies to mark the 149th anniversary of Abraham Lincoln's Gettysburg Address.

"I've never stood anyplace on earth where it's easier to be humbled than here," said Spielberg, whose biopic about the 16th president is currently in theatres.

His remarks were made at the annual event at the Soldier's National Cemetery in Gettysburg, near the site where Lincoln gave the famous oration amid the American Civil War in 1863, four months after the battle in which the Union turned back an invasion of the North by Confederate troops under Gen. Robert E. Lee.

After spending seven years working his new movie *Lincoln*, Spielberg said the president came to feel like one of his oldest and dearest friends, and he sensed he was living in the presence of what he called Lincoln's "eloquent ghost."

"Lincoln wanted us to understand that equality was a small 'D' democratic essential," Spielberg said, describing Lincoln's three-minute speech as "his best and truest voice" and the single "most perfect prose poem ever penned by an American."

Carl Sandberg, in his biography of Lincoln, described it as a speech about how democracy is worth fighting for.

"It had the dream touch of vast and furious events epit-



Steven Spielberg

DREAMWORKS/THE ASSOCIATED PRESS

omized for any foreteller to read what was to come," Sandberg wrote. "His cadences sang the ancient song that where there is freedom men have fought and sacrificed for it, and that freedom is worth men's dying for."

As part of the event, 16 newly minted Americans from 11 countries took the oath of allegiance to become U.S. citizens.

Spielberg spoke of the interplay between history and memory, and between memory and justice. "It's the hunger we feel for coherence, it's the hunger we feel for progress for a better world," he said. "I think justice and memory are inseparable."

Lincoln, which stars Daniel Day-Lewis in the title role, concentrates on the period leading up to the president's assassination in 1865.

THE ASSOCIATED PRESS

Quoted

"His cadences sang the ancient song that where there is freedom men have fought and sacrificed for it, and that freedom is worth men's dying for"

Writer Carl Sandberg, in his biography on Abraham Lincoln, on the Gettysburg Address



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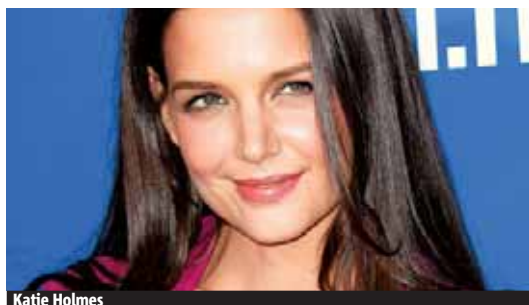


Kate Middleton and Prince William

Is a royal bundle of joy on the way?

A close friend of Prince William and Kate Middleton insists the royal couple is set to announce something big next month, prompting speculation that a baby is on the way. "They're planning to make an announcement in December," Jessica Hay, a former schoolmate of Middleton's and a guest at their wedding, tells *New Idea* magazine, adding that the Duchess of Cambridge has gained a bit of weight

recently and that "William and Kate are focused on starting a family." How focused, exactly? They've apparently already discussed the number of children they want to have — two — and that they'd prefer a son and then a daughter. "It seems very traditional but of course they'll be happy with two boys or two girls. They don't want more," Hay says. "They've discussed it endlessly and don't want to be older parents."



Katie Holmes

One Katie in the kitchen spoils the broth

As an actress and a newly single mom, Katie Holmes has a number of talents, but apparently cooking isn't one of them. "Me in the kitchen is a comedy, but it's heartbreaking for me going through it," she tells *Vogue*. "But

for others, they probably think it's really funny, because all the pans are out and I get frustrated, and suddenly it's burning." We'll assume someone else is handling the holiday meals for Holmes this year.

Second Snow White, sans Sanders



Kristen Stewart

ALL PHOTOS GETTY IMAGES

Kristen Stewart has reportedly signed on to star in the sequel to *Snow White and the Huntsman* — though the second film in the franchise won't be directed by Rupert Sanders, with whom Stewart infamously had an affair this summer, according to *Radar Online*. "The script has already been written and production will begin late next year," a source close to the production says. "However, Rupert Sanders definitely won't be a part of the project. Rupert didn't want to be a part of it to begin with because he is desperately still trying to save his marriage. The search is on for a new director."

Bieber addresses 'haters' with mom at side

Justin Bieber may be newly single, but that didn't mean he had to attend the American Music Awards solo. Instead, the 18-year-old Canadian pop star showed up with his mom, 38-year-old Pattie Mallette. While he made no mention of his split from Selena Gomez, Bieber did address his critics after winning his first award of the night, for favourite pop/rock male artist. "I want to say this is for all the haters who thought I was just here for one of two years," Bieber said from the stage. "I feel like I'm going to be here for a very long time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna reveals nothing, journo stalker reveals all

Rihanna's 777 tour — in which she's travelling to seven cities in seven days, with a plane full of fans and journalists — reached London Monday morning, the second to last stop. But there was no sign of the superstar on the plane from Berlin. "Just one quote," chanted desperate reporters, begging Rihanna to appear.

Then things got a little Lord of the Flies. Australian Tim Dormer, a radio presenter at Nova in Sydney, decided if he wasn't going to get a story, he'd become one: After 3 a.m., he suddenly burst from the toilet — completely naked. With his long curls bouncing, he made a



quick tour of economy class wearing nothing but his birthday suit. The audience cheered.

Since Rihanna wasn't around to talk to anyone, we asked the stalker:

What were you thinking?

I was bored. It was three in the morning and we were on a plane and we've been on a

plane for the past five days. I thought it would be fun. And it wasn't an easy task either; I had to dive over people.

Did you plan the whole thing?

No, I was just in the bathroom and thought it would be a fun thing.

How many will see this on YouTube, do you think?

Five maybe? My mom, my dad, my gran, my boss and hopefully Rihanna.

Did you run all the way up to her?

No, I didn't get that far.

How do you find the trip so far?

I'm having the time of my life. I saw her the first day and I see her on stage every night.

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For the record, we're filming at a fancy engineering college and I hacked into the lecture hall computer to play honey badger on the screen.



@NiallOfficial

Good morning everyone! Was an early start today! Tired



@samantharonson

"Work is the curse of the drinking class." Oscar Wilde

on gold, silver & platinum jewelry, sterling silverware & tea sets, collectible coins

on gold, silver & platinum jewelry, sterling silverware & tea sets, collectible coins

Jamie Oliver's 15-minute meals

Healthy eating. Forget the microwave and take-out, the celebrity chef talks about how to make a fantastic meal in record time

ROMINA
McGUINNESS
wellness@metronews.ca

You keep reducing the time of your recipe books. Why? People are so time poor. But I promise I won't be doing time again.

But why 15 minutes? Why not 10?

If you want a proper meal fast, 15 minutes is the minimum you can do. It's the hardest book I've ever written because I wanted it to be an everyday cookbook that was healthy, nutritious and fast.

Some of the recipes are a bit fancy. I can't picture students cooking griddled tuna. Who is the book aimed at?

Everyone. From a culinary point of view, the world is a much smaller place. People are much more travelled and more read than they were 15 years ago and the stuff available in supermarkets is more robust. And they still want it fast.

Microwave meals are a pretty quick solution too...

Microwave food has become synonymous with shit food. But there's also a lot of high quality stuff. It's just never going to be amazing.

I tried one of your recipes the other night. The ricotta fritters. I'm a disaster in the kitchen. It ended up looking like a cheese omelette. But it tasted good.

You ended up with an omelette when you were supposed to do fritters. What the



Celebrity chef Jamie Oliver has released a new book to help you in the kitchen. HANDOUT

hell did you do?

I tried to flip them over... and made a mess.

The fritters take about one minute to make and six minutes to cook. I don't know what went wrong ... do what the recipes says and it will work. I wish I could have seen it. I'd put money on the fact you used the wrong sized pan and put them too close together.

What are the biggest mistakes people make in the kitchen?

You don't need 100 knives, just three of the right ones — a chopper, paring and a

bread knife. The book isn't trying to be your best friend. It's like, "You want tasty fast food? Here's the f-king rules. Do what you're told."

After a long and exhausting day at work, do you sometimes think, "F--k this, I'm going to McDonald's."

I don't normally get caught out. Although I'm famous for hating junk food, I'm not anti any kind of food. I've got nothing against a hot dog, a burger or a pizza. It's more about real food. I do the most amazing free-range pig hot dogs with slaw, home made ketchup and buns that's bloody delicious.

But if ever you're in London and want a kebab, there's a place called Kebab Kid on New Kings Road that's delicious.

Would you ever eat at McDonald's?

I haven't eaten a McDonald's in 10 years.

What did you eat?

A Big Mac.

If I offered you a Big Mac right now, would you eat it?

I would. McDonald's are probably the best big fast food operator in Britain. They've done a lot of good work on their beef, their 100 per cent organic milk and free-range



eggs. You can't just beat people up all the time and not pat them on the back for the good stuff they've done.

You have one minute to make a meal; what do you do?

Grab a bit of bread and some lovely ham or cheese.

Five minutes?

Some fettuccine. Use boiling water and it cooks in three minutes. Then add a few simple ingredients to that.

But your next book won't be about time.

Time is a small element of many different emotions to cooking. You can do five minutes work and something can cook for four hours.

So what's next?

100 per cent vegetarian — making massive heroes out of the things that we don't eat enough of. The craft of making vegetables utterly delicious is one that's just not known about enough. At least 65 per cent of my recipes are meat-free, the index is covered in V's, but the feedback I get from vegetarians is, "Yeah, cool, but we'd like our own book please." I've ignored it for years.



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LINKING PATIENTS WITH DOCTORS

DR. RUTH VANDER STELT TAKES ACTION SO QUEBEC FAMILIES CAN FIND PHYSICIANS

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Dr. Ruth Vander Stelt decided to take a direct approach to a problem that had long plagued residents of west Quebec: The inability to find a family doctor.

A practising physician with the Pontiac Family Medicine Group, a group of 19 doctors serving patients in a largely rural area near Ottawa, Vander Stelt was inspired by the realities of the local hospital's emergency room.

"Many people go to the emergency room even though they don't need urgent care," she says.

"They come to get prescriptions renewed or to get a doctor to fill out forms. When my colleagues and I analyzed the situation, we found that most of these people didn't have family doctors, so the emergency room was their only option."

Vander Stelt decided to take action. In 2008, she and her colleagues designed and implemented a plan to secure family doctors for those who needed them. The group placed ads in local newspapers and left calling cards in community centres, health clinics and doctors' offices encouraging those without family physicians to contact them. They also established and staffed a transition clinic to assess the needs of respondents and provide treatment.

"Within a year, we found that more than 95 per cent of the patients who showed up at the clinic matched up with a family physician, often with the first doctor they consulted," Vander Stelt says.

The results have been remarkable. The



Dr. Ruth Vander Stelt

SHANNON GEORGE PHOTO

number of patients without family doctors has fallen by approximately 75 per cent. And the backlog at the Shawville Hospital's emergency department has also decreased significantly. In recognition of these achievements, Quebec's minister of health and social services presented Vander Stelt with a Coup de cœur award.

For Vander Stelt, other achievements are far more significant. By consulting

with their new family doctors, for instance, two patients (a husband and wife) learned that they had cancer, were able to access the necessary treatment and are now in remission.

"Our service provides a message of hope to patients," Vander Stelt says. "I think that our initiative shows that involving doctors in medical management can lead to beautiful things."

DETERMINANTS OF HEALTH

According to studies conducted on populations around the world, factors such as how much money we make and the quality of education we receive have huge impacts on our health. These factors are known as social determinants of health, and while they don't directly cause illness the way bacteria or viruses do, they influence our health status and how long we are likely to live. These factors include:

- Levels of income and education
- Employment status and job type
- Level of support from family and friends
- Opportunities for development that we had as children
- Home and community environments

Some experts estimate that addressing socio-economic disparities would cut 20 per cent from the \$200 billion Canadians spend on health care each year.

"In my work in the emergency room I treat patients in desperate circumstances: Lacking housing, affordable, nutritious food, education and adequate incomes," says CMA president Dr. Anna Reid.

"It is essential that we direct our energies into addressing these problems: As physicians, as communities, and as governments."

TAKE CONTROL OF YOUR HEALTH, DOCTOR SAYS

Dr. Natasha Deshwal's family practice is founded on the notion that information is the best medicine.

"I tell my patients that when you come in to see me I won't necessarily give you a prescription," she says, "but I will give you the information you need to take control of your health. I want to empower you."

Early in her career, Deshwal found her niche. A three-month contract at a family medicine practice outside Halifax included shifts working at a walk-in clinic. She was surprised at the number of young women who came to the clinic for Pap smears — a test for cervical cancer.

"I found it really distressing," Deshwal says. "Young women who were sexually active and had never had Pap smears done

CONTACT INFO

For more information about doctors innovating for patients, visit docsforpatients.ca.

before would come to a walk-in clinic where the test is done quickly and there's little opportunity to provide information about staying healthy. I felt that there had to be a better way to deliver this type of care to women."

The experience inspired her to open a family medicine practice focusing on women's health. In 2010, Deshwal opened the Bedford Basin Women's Health Clinic. The thriving clinic includes

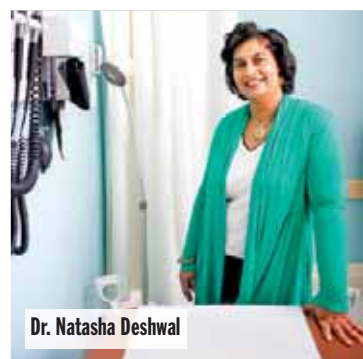
other professionals, including a pediatrician, a physician with expertise in cosmetic procedures, a dietician, a psychologist and a massage therapist.

"Having a team means we're better able to provide the best possible care for each patient," Deshwal says.

"Some menopausal women find it easier to control hot flashes with cognitive behaviour therapy than with medication, for instance. Massage therapy and dietary adjustments can also help."

The clinic is not exclusively for women; Deshwal takes the same holistic, educational approach to caring for men and children. Some patients feel more comfortable discussing issues related to women's health with a female doctor.

"There is still some stigma attached to



Dr. Natasha Deshwal

FRED CHARTRAND PHOTO

women's sexual health," she says.

"Some women don't want to consult their own family physician because he's male or they see him regularly in church and other social settings. Ultimately, I want patients to go home with things to think about — with the knowledge they need to stay healthy."

Man up and talk about health issues

November. Medical expert tells Metro why it's important men get up close and personal with their testicles to avoid cancer

RICHARD PECKETT
Metro World News

Balls, bollocks, nads, testicles... we spend enough time using them as a figure of fun (in both senses), yet we chaps are reluctant to talk about our reproductive organs in any serious capacity, especially when there's a problem.

Talking about it makes men feel emasculated, a pubic hair's width away from confessing to being a Eunuch, even.

Well, that mentality is slowly changing, thanks to education, advertising and, of course, the annual Movember moustache grow-off, which raises awareness globally of both testicular and prostate cancer.

Dr. Sneha Khemka (BUPA medical director, fondly known as Dr. Movember, is getting men to talk bollocks. Here he explains the symptoms, treatments and myths relating



We're all in this together so talk about the issues affecting men. MOVEMBER

to men's cancer.

Who's at risk?

"It mostly affects men between 20 to 30, but can (affect) those up to age 45. It's very rare for men over

50. Caucasian males are more likely to suffer, but other factors include family history, fertility issues and people who have had a complication related to mumps called orchitis."

The symptoms?

"Often, it's asymptomatic, but you may experience the following: A collection of fluid in your scrotum that causes swelling (a lump), anal discomfort (this can

What you need to know

Here are some of the things you need to know.

- **Common misconceptions.** People believe that they will have problems when urinating or having sex. It's one of the few cancers that affects younger men. If you have one testicle, you can have children — you're just as able as men with two balls.
- **People believe it's incurable.** You get it from cycling or motorcycling, especially since Lance Armstrong had it. There's no evidence for this.
- **If it goes untreated.** It'll spread around the body, especially to the bones, local organs and liver. It's a fairly aggressive cancer.

spread to the groin or lower abdomen) and you may get a pulling sensation like you've been kicked."

The treatment?

"The most common treatment is surgical removal of the affected testicle. About 20 per cent of (UK) men who have surgery will opt for a prosthetic testicle for cosmetic appearance."

Will the cancer spread or return?

"If the cancer has spread, you may require adjunctive radiotherapy or chemother-

apy depending on whether it has affected the lymph glands. However, generally, when the affected testicle has been removed, it is unlikely to return in the other testicle."

Are there any options aside from surgery?

"It's very rare to catch it early enough to avoid surgery. If the cancer is just being treated with chemotherapy or radiotherapy, then it does have a higher rate of return, which is why they usually just remove the testicle."

Fall In Love With Your Legs Again

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Use your imagination to personalize Pita Chips



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Store-bought pita chips are deep fried, which increases their calories and fat content.

The spices in this recipe add flavour instead of oil. Feel free to substitute spices of your choice. Try a variety of different coloured and flavoured tortillas. The whole wheat version has more fibre and nutrients.

1. Preheat the oven to 350 F.

Ingredients

Perp time: 5 minutes
Bake time: 12 minutes

- 3 large flour tortillas
- 3 tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Nutritional analysis

Per serving (about 6 chips)

- 191 calories; 6.5 g protein; 28 g carbohydrates; 2.5 g fibre; 5.6 g total fat; 1.9 g saturated fat; 4 mg cholesterol; 419 mg sodium

Line a large baking sheet (or 2 medium baking sheets) with foil.

2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not overlapping. Lightly coat with cooking spray.

3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

ROSE REISMAN'S FAMILY FAVORITES
(WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Immunity food



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Did someone just sneeze on you? Quick! Wash your hands and grab one of these immune foods. Nothing boosts your immune system like a healthy diet that avoids excess sugar, alcohol, bad fats and depleted white wheat, so start there first. Beyond that, there are nutrients that your body uses as tools to be sure it can fight off whatever comes flying at you this cold and flu season.

1. Probiotics

There is growing evidence that probiotics contribute to immunity in a variety of ways. Try new IOGO brand Probio Yogurt for a lactose-free version that is very tasty



2. Catechins

Green tea boasts one of the best anti-bacterial properties under study. Shoot for a couple cups daily.

3. Vitamin D

Canadians won't get strong enough sunshine from now to about April. There's a good dose in caviar; try the Greek dip called taramasalata that uses fish roe to make a yummy dip for your (whole grain) pita.

4. Vitamin E

A potent antioxidant that is best taken from food. Sunflower and pumpkin seeds are good sources.

5. Vitamin C

Still your best go to source for overall immunity. Get as much as you can from fresh fruits, kiwi is particularly high.

Theresa Albert is an author and on call, private nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com

All the tastiness of candy apples in a smaller package

1. Heat the oven to 250 F. Line 2 baking sheets with parchment paper.

2. Using a mandoline, food processor or very sharp knife, cut the apple into very thin slices, about 1/8 inch thick. There are several ways to do this. If you have an apple corer, you can simply cut out the core, then lay the apple on its side and slice starting at one side and working your way to the other. If you don't have a corer, stand the apple upright, then begin on one side and cut slices until you reach the core. Rotate the apple and repeat until all 4 sides have been sliced.

3. Arrange the apple slices on the prepared baking sheet, being careful not to



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 large apple
- 1 tsp cinnamon
- Half of a 14-oz package caramel candies, unwrapped
- 1 tbsp water
- 1/2 cup white chocolate bits
- 1 tsp shortening
- 1/2 cup dark chocolate candy melts

overlap. Sprinkle the apples with cinnamon, then bake for 45 minutes, or until dried and slightly crisp. Slide the parchment and apples off the baking sheet and onto a cooling rack. Let cool completely.

4. Once the apples have cooled, in a medium saucepan over medium heat, combine the caramels and water. Heat, stirring constantly, until melted and smooth.

Dunk a fork into the caramel, then use it to drizzle the caramel over the apple chips. Set aside to let the caramel set.

5. When caramel has set, place white chocolate bits and shortening in microwave-safe bowl. Microwave on high in 15-second bursts, stirring between, until melted and smooth. Using a clean fork, repeat the drizzling similar to the caramel. Set aside to let

the white chocolate set.

6. Once the white chocolate has set, melt the dark chocolate candy melts in a clean bowl using the same method as the white chocolate. Once melted, dunk a clean fork in the melted chocolate and drizzle over the apple chips. Let cool until the chocolate is set. Store in an airtight container for up to a week.

THE ASSOCIATED PRESS

Bavarian Cheese Spread. Serve with fresh veggies, pretzel sticks or crackers



1. In food processor fitted with blade attachment, combine cream cheese, semi-soft cheese, cheddar cheese, shallots, paprika, caraway seeds and pepper; blend and pulse for 2 to 3 minutes or until completely

smooth, scraping down bowl occasionally.

2. Refrigerate for at least 1 hour (and up to 2 days) for flavours to blend. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- Half 250 g container light deli-style cream cheese (15 per cent M.F.), room temperature
- 125 g (4 oz) semi-soft or creamy cheese such as Oka-style "washed-rind" or brie-type style, rinds removed (about 250 ml/1 cup), room temperature
- 125 g (4 oz) old white cheddar, grated (about 250 ml/1 cup), room temperature
- 2 shallots or 1 small onion, finely diced
- 5 ml (1 tsp) hot or sweet smoked paprika
- 5 ml (1 tsp) caraway seeds
- Pepper, to taste

Rest in peace

Farewell to
the admirable
Mrs. Letitia
Baldrige

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charlesmacpherson.com

Today I would like to pay homage to the late Letitia Baldrige, a dear lady who I've admired for many years. I've read most of her

books and have even had the honour of interviewing her.

Mrs. Baldrige, known as the doyenne of American etiquette, passed away on Oct. 29. She was most known for her time working in the White House during the Kennedy administration as Jacqueline Kennedy's social secretary.

One of my favourite quotes from Mrs. Baldrige, known as Tish to her family and friends, involves her philosophy on life.

"There are major CEO's who do not know how

to hold a knife and fork properly, but I don't worry about that as much as the lack of kindness," she said. "There are two generations of people who have not learned how important it is to take time to say, 'I'm sorry' and, 'Please' and, 'Thank you' and how people must relate to one another."

I'm very sad that we have lost this wonderful person, who believed in so many good things — the most important of them being that she believed in people.

You see, for those of you who follow both my column and philosophy of etiquette, I believe it's all about how we interact with each other that matters. The best thing about etiquette is that it puts us all at ease to know what is expected of others so that we always put our best foot forward.

God bless you, Tish. You are missed already and I will put myself in front of a roaring fire tonight and enjoy one of your books with a glass of wine in your memory.



Mrs. Baldrige sits to the right of then U.S. first lady Laura Bush. GETTY IMAGE

Bust myths about the disabled and sex

Still human.

The public's preconceived ideas need to change about the sex lives of people with disabilities

People with disabilities face any number of challenges, but perhaps the most insidious is society's unspoken belief that they are somehow asexual beings — neither wanting nor able to express that most universal of human needs.

It is a notion decidedly debunked by the film *The Sessions*, based on the true story of a man paralyzed by childhood polio and mostly confined to an iron lung, who at age 38 longs to experience sexual intimacy for the first time in his life.

The poignant story of writer-poet Mark O'Brien, played by John Hawkes, and his carnal awakening under the tutelage of a sex surrogate portrayed by Helen Hunt, should go a long way to dispelling the myths surrounding physical intimacy and people with disabilities, advocates say.

"The big one is this idea that

people with disabilities are not sexual — not only that they literally cannot have sex, but also that they're not sexually desirable and that they don't desire sex," says Cory Silverberg, a Canadian sexuality educator working in New York City.

Silverberg says the tendency is to view sex as two people sweeping each other off their feet, "and certainly not between two people where one person might actually have to lift somebody onto the bed, because that's not seen as sexy."

Unfortunately, he says, such stereotypical thinking gets absorbed by those whose physical abilities may be limited, sometimes severely, by any of a range of conditions, among them spinal cord injury, cerebral palsy, muscular dystrophy and multiple sclerosis.

Surrounded by images of leggy models and A-list celebrities that shape society's definition of sexual attractiveness, it's no wonder people with disabilities struggle with body image and are sometimes reticent about physical intimacy, says Sandra Mills, a patient and family educator at Toronto Rehab's Lyndhurst Centre for spinal cord injury.

"When stereotypes and



Rich Vanderwal and his wife Carole. THE CANADIAN PRESS

prejudices exist already and then you try to connect that with a disability, it makes it challenging for a person who acquires a disability to re-engage in a physical world, in a world of dating and socializing," she says.

Rich Vanderwal, 41, says his self-image took a severe blow after a motorcycle crash 20 years ago left him paralyzed below his armpits. He has mo-

bility in his arms and hands, but is reliant on a wheelchair to get around.

A ski and snowboard instructor during winter and a lifeguard in summer before his accident, Vanderwal admits much of his identity had been built around his athletic ability and once-buff physique.

"I was known as the guy who took my shirt off and I had abs. I was proud of them be-

cause to me that was a sign of fitness and, of course, sexuality and all those things."

Despite his life-changing injury, Vanderwal has continued to embrace sports, playing high-level wheelchair tennis, downhill ski racing and rowing. Last year, he competed in an Ironman half-triathlon using special equipment.

He also put himself out there in the dating world.

Then he met Carole Chebaro, at the time a volunteer at Lyndhurst, where Vanderwal works part-time. They started off as friends, then began dating. Six years ago, Vanderwal and Chebaro married. Early on in their relationship, Vanderwal says he worried about whether he was meeting all of Chebaro's needs. "But it's very clear that I could meet some of the important ones." The couple hopes to soon start a family.

Vanderwal says he has tried medications like Viagra and can have intercourse "to a certain quality," but for the most part, orgasm is not through intercourse and is "modified and different now."

"There's no actual physical sensation, but all the chemical changes within the body still go

Quoted

"The big one is the idea that the disabled are not sexual."

Cory Silverberg, a sexuality educator
On how people are misinformed on the attitude of disabled people toward sex

on. I still get the flushing of the face, there's that euphoric feeling and certain relaxations."

One welcome reaction is a quieting down of persistent muscle spasms, a common repercussion of spinal cord damage. "A lot of my spasticity, which is there 24-7 — literally my spasticity is firing off every 15 seconds all day and all night — after orgasm that's gone for a good hour. I'm completely relaxed," he says.

Vanderwal says while the body may change with a spinal injury or as the result of a disabling disease, one's likes, dislikes, interests and desires remain intact. "It doesn't matter what body you're in. Your mind and your thoughts, it's a natural process to have attraction and want to share that sexual energy with somebody else." THE CANADIAN PRESS

How to avoid an office dating disaster

Delicate matter. Try to foresee the fallout and do the relevant research prior to announcing any new work relationship

JULIA
WEST

Metro World News in Philadelphia

Though the latest news scandal involves high-ranking officials, keep in mind that the broad strokes of the Gen. Petraeus af-

fair are not unlike typical office flings. Even if your transgressions won't make headlines, romance at work can be a dicey move if not properly handled. Learn to manage this delicate situation — because even if you can't resist taking your chances with the cutie in accounting, you can minimize the fallout. Before announcing your new beau, research your company's policy on the matter. "Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation," says author Wendy Walsh, a contributor to Dating-

advice.com.

If you do move forward, think about what the end of the relationship might be like. Nancy A. Shenker, co-author of *Don't Hook Up With the Dude in the Next Cube*, says, "Think about what will happen after a breakup. It's hard enough seeing an ex on Facebook — how will it feel to see him or her in person every day?"

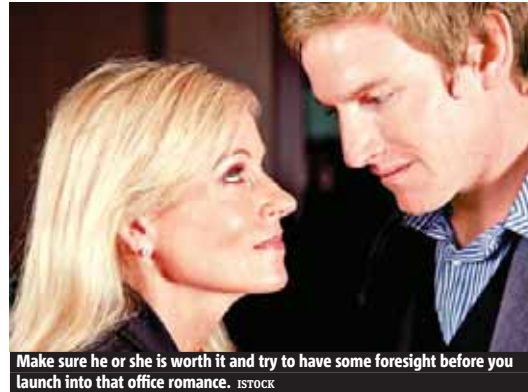
If you're an employer who notices an office affair, know how to approach it. "Have a policy," suggests Todd Ewan, a partner at Fisher & Phillips law firm, which represents management in workplace dis-

Quoted

"Don't date anyone at work if your employment contract forbids it."

Author Wendy Walsh.

putes. "The employer will need to determine what it is willing to tolerate and not willing to tolerate. As a base point, most employers do not want to let a relationship exist between two employees if one of the employees has direct managerial responsibility for the other."



Make sure he or she is worth it and try to have some foresight before you launch into that office romance. ISTOCK



Employers probably still want you to be clean and reasonably well-groomed. ISTOCK IMAGES

Branding yourself: What do employers really want?

Alison on Money. What are companies looking for when they're searching out the best and brightest young workers?



YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week, I read a fascinating article about big corporations such as Telus and SNC Lavalin moving all or part of their head offices to downtown Toronto in order to attract the best and the brightest to their company.

However, it is considerably more expensive than locating in the suburbs.

So what is the reason for this trend? The answer is all about demographic culture. Youth today is different

than it was a generation or two ago, just as employment is different.

Many of our parents worked at the same job their entire lives. This isn't likely to be very common in the future.

Increasingly, under-40 employees don't want to spend their lives commuting and they desire a vibrant, downtown lifestyle. They're also the first generation since Henry Ford that isn't wedded to the automobile.

These changes got me thinking about what companies are looking for when they're searching out the best and brightest, because it has a big impact on how younger workers should present and educate themselves over the course of their careers.

Here's a peek at the corporate wish list.

1. Traditional virtues still hold

Your style may be to look like a tattooed, studded wol-

verine, but employers still want you to be a clean and reasonably well-groomed tattooed, studded wolverine.

Also promptness, politeness, the ability to converse and demonstrate a modicum of organizational skills are still important qualities.

2. Technology

You don't need to be a computer expert unless you intend to run the IT department, but you do need to be competent enough to make connections between the newest technology and your company.

3. Networking

Companies increasingly value the networks that employees bring with them.

Networks add tangible value by giving the company access to resources, people and ideas.

4. Language

By 2031 Statistics Canada

In numbers

47%

The number of second generation Canadians who will belong to a visible minority by 2031.

projects that over a quarter of Canadians will be foreign born with visible minorities comprising 63 per cent in Toronto, 59 in Vancouver and 31 per cent in Montreal.

Knowledge of other languages and cultures is highly desirable.

Knowing what companies want and educating yourself accordingly raises the odds of being considered among the best and the brightest in the coming downtown corporate culture.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Save thousands on your 2012 taxes



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Early in November, H&R Block released the results of a survey that revealed that less than one-third of Canadians plan to take actions toward reducing their 2012 taxes by year-end.

You can save thousands of dollars on your 2012 taxes by planning ahead. Boost your tax savings with these tips.

Contribute to your RRSP by March 1, 2013 and receive a powerful tax credit.

You can contribute up to 18 per cent of your income, to a maximum of \$22,970. Besides the tax credit, when your funds are invested wisely, you can benefit from appreciation, dividends, interest and distributions.

Give

Make a charitable donation before Dec. 31.

A donation over \$200 in 2012 is worth a 29 per cent federal credit instead of a 15 per cent credit for donations under \$200.

You can also donate publicly-listed securities to registered charities or pri-



There are lots of ways to reduce your taxes by the end of this year. ISTOCK IMAGES

vate foundations without being subject to capital gain taxes and still receive a tax receipt for your donation. Pay medical expenses by Dec. 31 to maximize your 2012 medical expense claim.

Review your stock portfolio

Review your portfolio before year-end to determine if you can find a tax advantage in taking a loss or cashing in a gain.

Dec. 23 is the deadline for

making a trade if you want it recorded on your 2012 tax return.

Plan a wise move

If you're going to move to a new province, check the

provincial tax rates before deciding the moving day.

You are subject to provincial tax in the province where you reside on Dec. 31. So if there is a substantial difference in the tax rates, you may want to

either speed up or defer the move.

Make Registered Education Savings Plan (RESP) contributions before Dec. 31

Parents can take advantage of the Canada Education Savings Grant by contributing to a child's RESP. The lifetime RESP contribution limit is \$50,000, with no annual contribution limit. The maximum annual RESP contribution that qualifies for the CESG is \$2,500, providing a grant of \$500 annually.

Taxable income

If you've received a lump sum pay from an employer, cashed in an RRSP, sold an investment property, or collected employment insurance, there are tax implications. Prepare a calculation of your taxable income. There may be strategies to reduce your tax bill by Dec. 31.

Get organized

Grab a file folder to keep your receipts for all tax-related expenses.

Always consult a tax professional when reviewing your taxes to ensure you're benefiting from all tax saving opportunities.

Follow Lesley on Twitter
@LesleyScorgie



Selig signs off on Jays, Marlins trade

MLB. Naming new skipper is next up on Toronto GM Anthopoulos's to-do list

The Blue Jays, flush with the knowledge that major league baseball has OK'd the club's controversial trade with Florida, are poised to name their new manager.

Baseball commissioner Bud Selig approved the 12-player Jays-Marlins trade on Monday after a longer than usual review. Jays fans — relieved by the news and excited about the loaded, revamped lineup — can now turn their attention to the managerial hiring. GM Alex Anthopoulos, the talk of the baseball world and the Toronto sports scene, even during Grey Cup week, has been hinting that an announcement is near — perhaps as early as Tuesday, when Anthopoulos has a press conference scheduled to discuss the Marlins deal.

It's also possible that the managerial decision will happen closer to baseball's winter meetings, which start Dec. 1 in Nashville, to steer clear of Grey Cup week.

Interestingly, word out of Boston, where John Farrell is now posted in his dream job as manager, is that the Red Sox could have made a similar deal with the Marlins, but elected not to.

Selig took a week to approve the deal — sending Josh Johnson, Mark Buehrle,



New Blue Jays pitchers Josh Johnson and Mark Buehrle watch a game against the Yankees on April 1 at Marlins Park. MIKE EHLMANN/GETTY IMAGES FILE

Cabrera deal made official

On Monday, the Blue Jays signed free agent left-fielder Melky Cabrera. The 28-year-old was leading the National League in hitting at .346 for the San Francisco Giants when he was suspended Aug. 15 for a positive testosterone test. **THE CANADIAN PRESS**

Jose Reyes, John Buck and Emilio Bonifacio to the Jays for Yunel Escobar, Henderson Alvarez, Adeiny Hechavarria, Jeff Mathis and three top prospects.

Marlins fans believed Reyes

and Buehrle were signed last winter to revitalize Florida as a playoff contender as the franchise moved into a new ballpark — built in part with a multimillion-dollar Miami tax fund that Selig pushed for.

Instead, the Marlins, having already dealt former batting champion Hanley Ramirez and ex-closer Heath Bell during the season and dumped \$163.75 million in guaranteed salary through 2018.

"It is my conclusion that this transaction, involving established major leaguers and highly regarded young players and prospects, represents the exercise of plausible baseball

judgment on the part of both clubs, does not violate any express rule of Major League Baseball and does not otherwise warrant the exercise of any of my powers to prevent its completion," Selig said in a statement.

"I am sensitive to the concerns of the fans of Miami regarding this trade, and I understand the reactions I have heard. Baseball is a social institution with important social responsibilities, and I fully understand that the Miami community has done its part to put the Marlins into a position to succeed with a beautiful new Marlins Park."

TORSTAR NEWS SERVICE

MLS

Beckham's time with Galaxy coming to an end

David Beckham will play his final game for the Los Angeles Galaxy in the MLS Cup next month.

Beckham and the Galaxy announced the midfielder's decision Monday, a day after the defending MLS champions advanced to their second straight league final. Los Angeles faces Houston on Dec. 1.

Beckham isn't retiring, but the superstar gave no hint of his next move.

"I've had an incredibly special time playing for the L.A. Galaxy," Beckham said in a statement. "However, I wanted to experience one last challenge before the end of my playing career. I don't see this as the end of my relationship with the league, as my ambition is to be part of the ownership structure in the future."

THE ASSOCIATED PRESS

NFL

Source says Pats' Gronkowski out 4-6 weeks

No more end-zone spikes for a while from Rob Gronkowski.

A person familiar with the process said Monday the New England Patriots tight end expects to be sidelined for four to six weeks after having surgery for a broken left forearm. The person spoke to The Associated Press on condition of anonymity because there was no official announcement. **THE ASSOCIATED PRESS**

NFL

Saints' Brees to pledge \$1M to Sandy recovery

New Orleans Saints quarterback Drew Brees says he is donating \$1 million to Superstorm Sandy relief efforts. Brees told CBS' Person to Person in an interview to air Friday that the donation will come through the Dream Foundation he runs with his wife, Brittany. He did not say who will be receiving the donation.

THE ASSOCIATED PRESS



Saints quarterback Drew Brees. GETTY IMAGES FILE

NBA

Roy's future in limbo after latest knee injury

Brandon Roy's balky right knee put him back on the operating table Monday, an ominous sign for a player trying to come back from chronic knee issues.

The latest setback doesn't appear to have dashed those hopes completely just yet.

The Minnesota Timberwolves guard had arthroscopic surgery on his right knee, a procedure the team said will keep him out approximately one month.

"We fully support Brandon's decision to have today's arthroscopic procedure, and look forward to his return when he feels ready to play," team president David Kahn said in a statement. **THE ASSOCIATED PRESS**

NHL negotiations get some fresh perspectives

Quoted

"I believe in the players. I don't believe in what's going on right now. It's part of the business of the game, the least attractive part of the game."

NHL commissioner Gary Bettman in an interview with the Winnipeg Free Press

It was a different crew — new faces, perhaps with new ideas — scheduled for NHL talks Monday night in New York.

Toronto Maple Leafs general manager Brian Burke and Tampa Bay Lightning players Vincent Lecavalier and Martin St. Louis were on hand on as the sides resumed negotiations in an attempt to save the season.

Adding fresh perspectives might be a good idea given the bad blood that's been boiling as the lockout continues — longer than perhaps either side expected — costing untold millions in revenue and salary.

"It's horrific for the simple reason that we, as a business, are in business to put on our game and engage with our fans

and to grow our game," NHL commissioner Gary Bettman told the Winnipeg Free Press. "This entire process is absolutely inconsistent with that. Having said that, any sports league needs a system that works and makes the game and the business of the game healthy."

Bettman has been an easy target for the players' frustration. A pair of ex-Leafs had harsh words for the commissioner in the past few days.

The Florida Panthers' Kris Versteeg called Bettman and deputy Bill Daly "cancers" who have "been polluting this game far too long." That was on the heels of the Detroit Red Wings' Ian White calling Bettman an "idiot."

In a rarity during these contentious talks, Bettman allowed himself to be interviewed by Gary Lawless of the Winnipeg Free Press. Winnipeg, thanks to the return of the Jets, may have been the only city in Canada where Bettman heard cheers last year.

TORSTAR NEWS SERVICE

History of Grey Cup part of Canada's cultural fabric

100 years. Trophy has been everywhere from a B.C. mountaintop to a Canadian Forces base in Afghanistan

It has been lost, forgotten, stolen, held for ransom, caught up in a compromising position with exotic dancers and even come under attack by the Taliban. Such is the rich and colourful history of the Grey Cup.

The iconic trophy wasn't supposed to honour a football champion. It was originally to be awarded annually to Canada's top senior hockey team, but Sir Montague Allan beat Earl Grey to the punch by issuing the Allan Cup. Grey later donated the trophy to recognize the Canadian rugby football winner. At the time, the Grey Cup was made at a reported cost of \$48. Today, the hallowed trophy's value awarded yearly to the CFL champion is estimated at \$75,000.

To those who compete for it, the Grey Cup isn't about



The University of Toronto Seniors, who won the first Grey Cup in 1909, are shown in a 1909 file photo. THE CANADIAN PRESS HANDOUT

money. It's a 100-year-old trophy that's steeped in tradition and sewn tightly in Canada's cultural fabric. The Calgary Stampeders and Toronto Argonauts will add to that rich history when they face off in the centennial version of the CFL's title game on Sunday at Toronto's Rogers Centre. Mark DeNobile, the executive director of the Canadian Football Hall of Fame, says the Grey Cup has weathered its share of storms over the years based on the

shape of the trophy when it returns home to Hamilton.

"Whatever the team does with it while they have it as Grey Cup champions, we really don't want to know," he said with a chuckle. "A few times, yes, it has come back in rough shape."

The Grey Cup has special significance to the DeNobile family. DeNobile's father, Gino, appeared in seven CFL title games as an offensive lineman with the Hamilton Tiger-Cats

Close call

The Grey Cup has had adventures abroad.

- On July 1, 2008, Mark DeNobile and former CFL players brought the cup to a Canadian Forces base in Kandahar, Afghanistan.
- While there, the base came under attack by the Taliban. DeNobile was on stage with the cup when missiles hit nearby.

from 1956 to 1984, winning twice.

After helping the B.C. Lions win the Grey Cup last November, linebacker James Yurichuk took the trophy to new heights. When it was the Brampton, Ont., native's turn to have the cup for a day, he took it via helicopter to the top of a B.C. mountain and had a friend film him victoriously raising the trophy above his head as the sun set behind him.

THE CANADIAN PRESS

Tears for Toronto. PM cried when Argos lost 1971 Grey Cup

The Toronto Argonauts' stunning loss to the Calgary Stampeders in the 1971 Grey Cup prompted tears in front of the television from the boy who would eventually become Prime Minister Stephen Harper.

But he says he'll be siding with the westerners when the two teams meet again in Toronto on Sunday.

Harper was a 12-year-old growing up in Toronto when the two teams first clashed for the cup in Vancouver, with the Argonauts looking for their first Grey Cup in almost 20 years. The Argos were on the Calgary 11-yard-line with less than three minutes left to play when star running back Leon McQuay slipped on the rain-slicked turf and fumbled. Calgary recovered, couldn't make a first down and punted, but the Toronto receiver accidentally kicked the ball out of bounds, turning it over to the Stampeders to run out the clock.

The McQuay fumble defined the game and the 14-11 Stampeders victory and left young Harper crying.

"I think that was the only



Quoted

"We had been waiting for 20 years. I was growing up in Toronto. Obviously the Argonauts were my team." Prime Minister Stephen Harper

time that I cried in front of the TV at a sports event," Harper said Monday as he answered questions at a Canada-U.S. business forum. THE CANADIAN PRESS

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	7	1	.875	—
Milwaukee	6	2	.750	1
Brooklyn	6	2	.750	1
Miami	8	3	.727	1½
Philadelphia	6	4	.600	2
Boston	6	5	.545	2½
Atlanta	4	4	.500	3
Charlotte	4	4	.500	3
Chicago	5	5	.500	3
Indiana	4	7	.364	4½
Orlando	3	6	.333	4½
Toronto	3	7	.300	5
Cleveland	2	8	.200	6
Detroit	2	9	.182	6½
Washington	0	8	.000	7

WESTERN CONFERENCE

	W	L	Pct	GB
Memphis	8	1	.889	—
San Antonio	8	2	.800	½
L.A. Clippers	7	2	.778	1
Oklahoma City	8	3	.727	1
Minnesota	5	4	.556	3
Dallas	6	5	.545	3
Portland	5	5	.500	3½
L.A. Lakers	5	5	.500	3½
Golden State	5	5	.500	3½
Utah	5	6	.455	4
Denver	4	6	.400	4½
Houston	4	6	.400	4½
New Orleans	3	5	.375	4½
Phoenix	4	7	.364	5
Sacramento	2	8	.200	6½

Division leaders ranked in top four positions with the best eight teams qualifying for playoffs

Monday's results

Indiana at Washington
Milwaukee at Charlotte
Orlando at Atlanta
Denver at Memphis
Golden State at Dallas
L.A. Clippers at San Antonio
Houston at Utah

Sunday's results

New York 88 Indiana 76
Toronto 97 Orlando 86
Brooklyn 99 Sacramento 90
Philadelphia 86 Cleveland 79
Oklahoma City 119 Golden State 109
Detroit 103 Boston 83
Portland 102 Chicago 94
L.A. Lakers 119 Houston 108

Tuesday's games

Toronto at Philadelphia, 7 p.m.
New York at New Orleans, 8 p.m.
Brooklyn at L.A. Lakers, 10:30 p.m.

Wednesday's games

New Orleans at Indiana, 7 p.m.
Philadelphia at Cleveland, 7 p.m.
Detroit at Orlando, 7 p.m.
Toronto at Charlotte, 7 p.m.
San Antonio at Boston, 7:30 p.m.
Milwaukee at Miami, 7:30 p.m.
L.A. Clippers at Oklahoma City, 7:30 p.m.
Washington at Atlanta, 7:30 p.m.
Chicago at Houston, 8 p.m.
Denver at Minnesota, 8 p.m.
New York at Dallas, 8:30 p.m.
Portland at Phoenix, 9 p.m.
L.A. Lakers at Sacramento, 10 p.m.

SCORING LEADERS

	G	FG	FT	PTS	AVG
Bryant, LAL	10	94	59	264	26.4
Harden, Hou	10	82	79	260	26.0
Durant, Okl	11	93	69	270	24.5
James, Mia	11	108	39	269	24.5
Anthony, NYK	8	67	44	189	23.6
Irving, Cle	10	82	47	229	22.9
Mayo, Dal	11	77	44	234	21.3
Aldridge, Por	10	84	43	211	21.1
Batum, Por	10	72	33	208	20.8
Crawford, LAC	9	60	44	186	20.7
Westbrook, Okl	11	81	50	226	20.5
Ellis, Mil	8	60	35	162	20.3
Howard, LAL	10	73	54	200	20.0
Gay, Mem	9	69	32	178	19.8
Bosh, Mia	11	79	57	216	19.6
Pierce, Bos	11	67	58	212	19.3
Lillard, Por	10	68	30	190	19.0
Derozan, Tor	10	71	43	190	19.0
Walker, Cha	8	55	37	150	18.8
Holiday, Phi	10	69	33	186	18.6
Deng, Chi	10	70	34	181	18.1
Williams, Bro	8	48	36	144	18.0
Lopez, Bro	8	57	28	142	17.8
Duncan, SA	10	70	37	178	17.8
Martin, Okl	11	55	54	194	17.6
Curry, Gos	10	62	30	175	17.5
Jennings, Mil	8	52	21	140	17.5
Griffin, LAC	9	62	32	156	17.3
Randolph, Mem	9	60	35	155	17.2
Monroe, Det	11	75	35	185	16.8
Matthews, Por	10	58	26	164	16.4
Anderson, NO	8	51	7	131	16.4
Affalo, Ori	9	54	27	147	16.3

TRANSACTIONS

MLB

AMERICAN LEAGUE

TORONTO BLUE JAYS — Designated RHP

Joel Carreno for assignment.

NATIONAL LEAGUE

CHICAGO CUBS — Agreed to terms with

RHP Shawn Camp on a one-year contract.

MIAMI MARLINS — Traded SS Jose Reyes,

LHP Mark Buehrle, RHP Josh Johnson, C

John Buck and OF Emilio Bonifacio and

cash to Toronto for INF Yunel Escobar,

INF Adeiny Hechavarria, RHP Henderson

Alvarez, RHP Anthony DeSclafani, LHP

Justin Nicolino, C Jeff Mathis and OF Jake

Marisnick. Agreed to terms with OF Juan

Pierre on a one-year contract.

NFL

LEAGUE OFFICE — Suspended Baltimore S

Ed Reed one game for repeated violations

of the rule prohibiting hits to the head and

neck area of defenseless players. Suspended

Atlanta OL Joe Hawley four games for

violating NFL rules against performance-

enhancing substances.

INDIANAPOLIS COLTS — Activated G Justin

Anderson from the physically-unable-to-

perform list. Signed CB Marshay Green to

the practice squad. Waived TE Kyle Miller.

NEW ENGLAND PATRIOTS N Signed WR

Kamar Aiken to the practice squad.

AHL

LEAGUE OFFICE — Suspended Rockford

D Shawn Lalonde three games, Oklahoma

City LW Antti Tyrvainen two games and

Milwaukee LW Gabriel Bourque two game

for their actions in recent games.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Worcester	15	7	6	1	1	40	46	16
Manchester	14	7	6	0	1	35	32	15
Portland	14	6	6	1	1	46	44	14
St. John's	15	7	8	0	0	34	47	14
Providence	14	6	7	0	1	30	40	13

NORTHEAST DIVISION

Springfield	14	10	2	0	2	49	23	22
Bridgeport	14	10	4	0	0	49	39	20
Connecticut	14	6	7	1	0	43	48	13
Albany	13	4	5	0	4	30	35	12
Adirondack	14	6	8	0	0	34	44	12

EAST DIVISION

Syracuse	14	10	2	1	1	54	38	22
Binghamton	13	7	4	1	1	34	34	16
W-B/Scranton	15	8	7	0	0	37	35	16
Norfolk	14	7	7	0	0	43	46	14
Hershey	15	6	8	1	0	39	44	13

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	15	10	2	1	2	45	27	23
Toronto	15	9	5	2	0	53	43	19
Lake Erie	16	9	6	1	0	51	48	19
Rochester	15	8	6	1	0	53	46	17
Hamilton	13	5	6	1	1	30	44	12

MIDWEST DIVISION

Grand Rapids	14	8	4	1	1	52	46	18
Chicago	14	7	5	2	0	38	43	16
Milwaukee	14	6	7	1	0	37	41	13
Rockford	15	6	8	0	1	43	48	13
Peoria	15	5	7	2	1	33	53	13

SOUTH

Charlotte	16	11	3	0	2	58	39	24
Oklahoma City	15	8	5	1	1	45	45	18
Houston	16	7	6	1	2	56	52	17
Texas	13	6	6	0	1	28	37	13
San Antonio	14	4	8	0	2	33	45	10

Monday's results

No Games Scheduled.

Sunday's results

Abbotsford 0 Toronto 5

Bridgeport 6 Providence 2

Syracuse 5 Hershey 3

Charlotte 4 San Antonio 3 (SO)

Rockford 2 Houston 3

Tuesday's games

All Times Eastern

Hamilton at St. John's, 1:30 p.m.

Manchester at Portland, 7 p.m.

Milwaukee at Chicago, 8 p.m.

Wednesday's games

Hamilton at St. John's, 1:30 p.m.

W-B/Scranton at Hershey, 7 p.m.

Bridgeport at Adirondack, 7 p.m.

Charlotte at Norfolk, 7:15 p.m.

Peoria at Rockford, 8:05 p.m.

Oklahoma City at Texas, 8:30 p.m.

Thursday's game

Toronto at Binghamton, 6:05 p.m.

Friday's games

Norfolk at Adirondack, 7 p.m.

Springfield at Portland, 7 p.m.

Worcester at Manchester, 7 p.m.

Connecticut at Bridgeport, 7 p.m.

Chicago at Grand Rapids, 7 p.m.

Albany at Rochester, 7:05 p.m.

Rockford at Lake Erie, 7:30 p.m.

Binghamton at Syracuse, 7:30 p.m.

Milwaukee at Peoria, 8:05 p.m.

Houston at San Antonio, 8:30 p.m.

Abbotsford at Texas, 8:30 p.m.

CFL

PLAYOFFS

DIVISION FINALS

Sunday's results

EAST DIVISION

Toronto 27 Montreal 20

WEST DIVISION

Calgary 34 B.C. 29

100TH GREY CUP

Sunday's game — All Times Eastern

At Toronto

Toronto vs. Calgary, 6 p.m.

CIS FOOTBALL

NATIONAL SEMIFINALS

Saturday's results

UTECK BOWL

Laval 42 Acadia 7

MITCHELL BOWL

McMaster 45 Calgary 6

Friday's game — All Times Eastern

48TH VANIER CUP

At Toronto

Laval vs. McMaster, 7:30 p.m.

U.S. COLLEGE FOOTBALL

AP TOP 25 POLL

With first-place votes in parentheses, records through Nov. 19, total points based on 25 points for a first-place vote through one point for a 25th-place vote and last week's ranking:

	Record	Pts	Pvs
1. Notre Dame (60)	11-0	1,500	3
2. Alabama (60)	10-1	1,399	4
3. Georgia	10-1	1,316	5
4. Ohio State	11-0	1,292	6
5. Oregon (45)	10-1	1,246	1
6. Florida (1)	10-1	1,171	7
7. Kansas State (14)	10-1	1,064	2
8. Louisiana State (1)	9-2	1,048	8
9. Texas A&M	9-2	1,028	9
10. Florida State	10-1	1,026	10
11. Stanford	9-2	991	14
12. Clemson	10-1	874	11
13. South Carolina	9-2	795	12
14. Oklahoma	8-2	734	13
15. UCLA	9-2	624	17
16. Oregon State	8-2	599	15
17. Nebraska	9-2	559	16
18. Texas	8-2	498	18
19. Louisville	9-1	362	20
20. Michigan	8-3	282	23
21. Rutgers	9-1	265	22
22. Oklahoma State	7-3	240	26
23. West Virginia	5-3	126	25
23. Kent State	10-1	155	25
23. Texas Tech	7-4	135	25

Others receiving votes:

Michigan State 49, Virginia Tech 26, Ohio 22, Northwestern 20, Washington 20, Boise State 20, Central Florida 16, North Carolina State 13, Arizona 13, USC 12, Tulsa 10, Penn State 8, San Jose State 8, Fresno State 7, Cincinnati 6, Purdue 5, Arizona State 5, Miami (Fla.) 4, Louisiana Tech 4, Wisconsin 4, Duke 3, Tennessee 3, North Carolina 2, San Diego State 2, Iowa State 1, Baylor 1, Texas Christian 1, Toledo 1, Vanderbilt 1, Louisiana-Monroe 1.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	3	0	.700	358	225
N.Y. Jets	4	6	0	.400	202	241
Miami	4	6	0	.400	187	205
Buffalo	4	6	0	.400	230	299

SOUTH

	W	L	T	Pct	PF	PA
Houston	9	1	0	.900	293	180
Indianapolis	6	4	0	.600	210	260

Horoscopes

Aries

March 21 - April 20

If what you are doing with your life is not to your liking then change it. The Sun's move into Sagittarius tomorrow will encourage you to head off in a completely new direction. What are you waiting for?

Taurus

April 21 - May 21

Even if your money situation is dismal, things will improve dramatically over the next few days so don't despair. An improved outlook might help as well. There are more important things in life to worry about than cash.

Gemini

May 22 - June 21

The Sun crosses the partnership angle of your chart tomorrow, making it essential that you get along with people on a one-to-one level. Think of everyone you meet as your friend — and you will benefit in remarkable ways.

Cancer

June 22 - July 23

If there is anything strenuous that needs to be done, you should get it out of the way today because when the Sun moves into the wellbeing area of your chart tomorrow, you probably won't be up to it. Get going.

Leo

July 24 - Aug. 23

By all means, be active but look ahead a few moves as well. It will spare you a lot of setbacks and maybe a few cuts and bruises too. And try to be patient with people who move more slowly than you.

Virgo

Aug. 24 - Sept. 23

No matter how fit you may feel right now, the exertions of the past few weeks will catch up with you quite quickly. Plan a few quiet evenings in with loved ones. They will appreciate it — and so will you.

Libra

Sept. 24 - Oct. 23

The cosmic picture is beginning to change and by the end of the week you will be getting out and about and meeting new people. Friendships and love affairs are under excellent stars — just don't get them mixed up!

Scorpio

Oct. 24 - Nov. 22

You have done a lot in recent weeks and can feel proud of yourself, but over the next few days you will have to work even harder to safeguard your gains. The price of success is eternal vigilance.

Sagittarius

Nov. 23 - Dec. 21

Clear out all that is old and worthless in your life so there is room for bigger and better things to come in. That applies to people as much as to possessions. Your own needs must come first now.

Capricorn

Dec. 22 - Jan. 20

The next few weeks are going to be of the utmost importance. Think about what you want to be doing from the time of your next birthday for the following 12 months. How can you prepare the ground? Start now.

Aquarius

Jan. 21 - Feb. 19

Positive thinking can take you only so far. At some point you have to move from thinking to doing. The Sun's change of signs tomorrow will show you new ways to get ahead. Hard work must come from you.

Pisces

Feb. 20 - March 20

It is time to decide, once and for all, what your priorities are going to be. Don't listen to what other people tell you, listen only to your own inner voice. The choices you make now will have long-term consequences. **SALLY BROMPTON**

Crossword

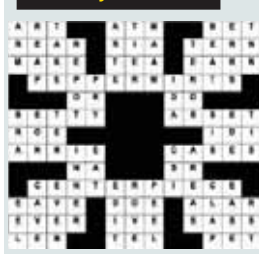
Across

- Southern st.
- Rig
- Network Canada
- Light
- British bus
- Erected
- Railway extension
- "Con —"
- Term of endearment
- Drive in the country to see these (2 words)
- Bratty children
- Wager
- Actress — Ward of Once and Again
- Hawaii's Mauna —
- Corner —
- Before
- Talk show host DeGeneres
- Actors Norton and Murphy
- Reply (abbr.)
- Pilfer
- Suit accompaniment
- the season
- Nickel or dime
- 1970's John Ritter sitcom (2 words)
- Exclamation of surprise
- Entourage role
- Apiece (abbr.)
- Angers
- Proofreaders word
- Aries sign
- Skirt edge
- than Perfect
- Vocalized pauses

Down

- Type of market
- To Sir, With Love singer
- Tree chopping tool
- Used on an envelope
- Moran, and others
- Copage of Julia
- a Big Girl Now
- Radio dial
- Waikiki island
- Aroma
- Lairs
- Floor coverings
- Thurman of Kill Bill
- Woodwind instrument
- "— on Me"
- Bible pt.
- Health resort

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	1	9	3	7	4	5	2	8
8	4	7	9	5	2	3	1	6
3	5	2	6	1	8	9	7	4
9	7	8	5	2	3	6	4	1
2	3	5	4	6	1	7	8	9
4	6	1	7	8	9	2	3	5
1	9	4	2	3	6	8	5	7
7	2	6	8	4	5	1	9	3
5	8	3	1	9	7	4	6	2

	9	3					5	
4					9		8	
5			2		3	6		
	4			7		5		1
7		1		5			9	
		9	4		8			7
	2		7					3
6						8	4	

Today

5°/-1°
Partly sunny

Wednesday

8°/-2°
Partly cloudy

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Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *0% purchase financing offered by GMCL for 60 months on 2013 Chevrolet Silverado 1500 LT Ext. Cab 4WD G-880P. O.A.C. by Ally/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: \$10,000 at 0% APR, monthly payment is \$166.67 for 60 months. Cost of borrowing is \$0, total obligation is \$10,000. Down payment and/or trade may be required. Monthly/BI-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. **\$5,750 is a manufacturer to dealer delivery credit (tax exclusive) for 2013 Chevrolet Silverado 1500 Ext. & Crew Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. †*Freight & PDI (\$1,500), registration, air and tire levies and OMVIC fees included. Insurance, license, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2013 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. Δ2013 Chevrolet Silverado 1500 Ext. Cab 4x4 equipped with available Vortec™ 5.3L V8 engine and 6-speed automatic transmission. Fuel consumption ratings based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ©Bluetooth is a registered trademark of Bluetooth SIG Inc. †Thunder package (PDI) includes R7M credit valued at \$1,550 MSRP. ‡2013 Silverado 1500 LT Ext. Cab with PDI & S80, MSRP with freight, PDI & levies \$45,844. Dealers are free to set individual prices. †To qualify for GMCL's Cash For Clunkers incentive, you must: (1) turn in a 2006 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 3 months (2) turn in a 2006 or older MY vehicle that is in running condition and has been registered and properly insured under a small business name for the last 3 months. GMCL will provide eligible consumers with a manufacturer to consumer incentive (tax inclusive) to be used towards the purchase/finance/lease of a new eligible 2012 or 2013 MY Chevrolet Colorado, GMC Canyon, Chevrolet Silverado, GMC Sierra, or Chevrolet Avalanche delivered between October 2, 2012 and January 2, 2013. Incentive ranges from \$1,500 to \$3,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash For Clunkers program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. GMCL may modify, extend or terminate program in whole or in part at any time without notice.